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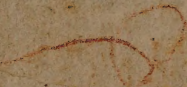
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James Hughes

Oct. 16 - 1814

Farnham

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Stephen Hughes

Wiley

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THE  
English Physician  
ENLARGED  
With Three Hundred and Sixty-Nine  
MEDICINES,  
MADE OF  
English Herbs,

That were not in any Impression until this.

BEING

An Astrologo-Physical Discourse of the Vulgar  
Herbs of this Nation; containing a compleat Method of  
Physick, whereby a Man may preserve his Body in Health,  
or Cure himself, being Sick, for Three Pence Charge, with  
such Things only as grow in *England*, they being most fit  
for *English* Bodies.

Herein is also shewed these Seven Things, viz.

1. The way of making Plaisters, Ointments, Oyls, Pultises, Syrups, Decoctions, Juleps or Waters, of all Sorts of Physical Herbs that you may have them ready for your Use at all Times of the Year.
2. What Planet governeth every Herb or Tree (used in *Physick*) that groweth in *England*.
3. The Time of gathering all Herbs, both Vulgarly and Astrologically.
4. The way of Drying and Keeping the Herbs all the Year.
5. The way of keeping their Juice ready for use at all Times.
6. The way of Making and Keeping all Kinds of useful Compounds made of Herbs.
7. The way of mixing Medicines according to the Cause and Mixture of the Disease and Part of the Body Afflicted.

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By NICH. CULPEPPER, *Gent.*  
*Student in Physick and Astrology.*

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LONDON, Printed for Tho. Norris at the Looking-  
Glass upon London-Bridge; A. Bettefworth at the Red-  
Lion, and J. Batley at the Dove in Pater-noster-Row;  
and S. Ballard at the Blue-Ball in Little-Britain. 1725.



An Alphabetical TABLE of all the HERBS  
and PLANTS in this Book; as also what PLANET  
governeth every one of them.

<b>A</b> Mara-dulcis, it is under	Ash-tree, is govern'd by the	
Mercury	Sun	25
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Alkanet, it is under the Domi-	under Mars	107
nion of Venus	Alecost, see Costmary, it is under	
Alchusa, see Alkanet, Venus	Jupiter	99
owns it	Aparino, see Cleaver, it is un-	
Adders-tongue, it is under the	der the Moon	92
Moon in Cancer	Acanthus, see Brank Urfine,	
Agrimony, it is under Jupiter	under the Moon	53
and the Sign Cancer	Amni and Amnios, see Bishops-	
Water-Agrimony, it is under Ju-	weed, under Venus	44
piter, and the Sign Cancer	B	
Alchoof, is under Venus	Balm is an Herb of Jupiter	27
Alexander, or Alifander, it is	Barbary is under Mars	22
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Black Alder-tree, it is under	Saturn	30
Venus	Garden Basil, or sweet Basil, it	
Common Alder-tree, it is under	is an Herb of Mars, and	
Venus	under the Sign Scorpio	30
Angelica, it is under the Sun in	The Bay-tree is a Tree of the	
Leo	Sun under the Sign Leo	31
Amaranthus, it is under the	Beans are under Venus	33
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Anemone, is under Mars	Ladies Bedstraw, it is under	
Garden Arrach, is under the	Venus	35
Moon	Beets, the red under Saturn, and	
Arrach wild and stinking, it is	the white under Jupiter	36
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and under the Sign Scorpio	wort, and Bishops Leaves, it	
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Asmart, and Dead Asmart, it	ted to Jupiter and the Sign	
is under Saturn, and the other	Aries	38
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Barabacca is under Mars	Bilberries are under Jupiter	ib.
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Blites are under the Dominion		under Jupiter	99
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Mars	57	owns it	6
Bucks-horn Plantane, is under		Calamint or Mountain mint,	
Saturn	59	an Herb of Mercury	6
Bucks-horn, is under Saturn	60	Chamomel is under the Sun	6
Bugle, or brown Bugles is under		Water-Caltrops, or Caltrops, a	
Venus	60	under the Government of th	
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Burdock is an Herb of Ven.	64	Sun	
And is also called Barden and		Carduus Benedictus, is an He	
Clother		of Mars	
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it is under Mercury	1	Carraway is under Mercury	
Spanish Bugloss, see Alkanet,		Celandine is an Herb of	
Venus owns it	4	Sun	
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# As also what Planet governeth.

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# THE English Physician ENLARGED.

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## Amara-dulcis.

**C**onsidering divers Shires in this Nation give divers Names to one and the same Herb, and that common Name which it bears in one Country, is not known in another; I shall take the Pains to set down all the Names that I know of each Herb: Pardon me for setting that Name at first, which is most common to my self. Besides Amara-dulcis, some call it Mortal, others Bitter-sweet, some Woody-nightshade, and others Felon-wort.

*Descript.] It grows up with woody Stalks even to a Man's height, and sometimes higher. The Leaves fall off at the approach of Winter, and spring out again of the same Stalk at Spring-time: The Branch is compassed about with a whitish Bark, and hath a Pith in the Middle of it: The main Branch brancheth it self into many small ones with Claspers, laying hold on what is next to them, as Vines do. It bears many Leaves, they grow in no order at all, at least-wise in no vulgar order: The Leaves are longish, though somewhat broad, and pointed at the ends: Many of them have two little Leaves growing at the end of their foot-stalk, some of them have but one, and some none; The Leaves are of a pale green Colour; The Flowers are of a purple Colour, or of a perfect blue like to Violets, and they stand many of them together in Knots; The Berries are green at the first, but when they are ripe, they are very red; if you taste them, you shall find them just as the Crabs which we in Suffex call Bitter sweets, viz. sweet at first, and bitter afterwards.*

*Place.] They grow commonly almost throughout England especially in moist and shady Places.*

*Time.] The Leaves shoot out about the latter End of March, if the Temperature of the Air be ordinary; it flowereth in  
July*

*July*, and the Seeds are ripe soon after, usually in the next Month.

*Government and Virtues.*] It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent good to remove Witchcrafts both in Men and Beasts; as also all sudden Diseases whatsoever. Being tied round about the Neck, is one of the admirablest Remedies for the Vertigo or Dizziness in the Head that is; and that's the Reason (as *Tragus* saith) the People in *Germany* commonly hang it about their Cattels Neck, when they fear any such Evil hath betided them. Country People commonly use to take the Berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their Fingers of such troublesome Guests.

*Witchcraft.*

*Vertigo.*

We have now shewed you the External Use of the Herb; we shall speak a Word or two of the Internal, and so conclude. Take notice it is a *Mercurial* Herb, and therefore of very subtle Parts, as indeed all *Mercurial* Plants are; therefore take a Pound of the Wood and Leaves together, bruise

*Obstructions of the Liver and Spleen, Difficulty of Breathing, Bruises, Falls, Congealed Blood, Dropsie, yellow and black Jaundice, Women after Delivery.*

the Wood, (which you may easily do, for it is not so hard as Oak) then put it in a Pot, and put to it three Pints of White-wine, put on the Pot-lid and shut it close; then let it infuse hot over a gentle Fire twelve Hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help Difficulty of Breath, Bruises and Falls, and congealed Blood in any Part of the Body, help the Yellow Jaundice, the Dropsie and Black Jaundice, and to cleanse Women newly brought in Bed. You may drink a Quarter of a Pint of the Infusion every Morning. It purgeth the Body very gently, and not churlishly, as some hold: And when you find good by this, remember me.

They that think the Use of these Medicines is too brief, its so only for the Cheapness of the Book; let them read those Books of mine, of the last Edition, viz *Riverius, Vesslingus, Rirolanas, Johnson, Sennerius*, and *Physick for the Poor*.

*Allheal.*

**I**T is called *Allheal*, *Hercules's Allheal*, and *Hercules's Woundwort*, because it is supposed that *Hercules* learned the Herb and its Virtues from *Chyron*, when he learned Physick of him. Some call it *Panay*, and others *Opopanewort*.

**Description.]** *Its Root is long, thick, and exceeding full of Juice, of a hot and biting Taste, the Leaves are great and large, and winged almost like Ash-tree Leaves, but that they are something Hairy, each Leaf consisting of five or six pair of such Wings set one against the other upon foot Stalks, broad below, but narrow towards the end, one of the Leaves is a little deeper at the bottom than the other. of a fair, yellowish, fresh green Colour; they are of a bitterish Taste, being chewed in the Mouth. From amongst these ariseth up a Stalk green in Colour, round in Form, great and strong in Magnitude, five or six Foot high in Altitude, with many Joints, and some Leaves thereat: Towards the top come forth Umbles of small yellow Flowers, after which are passed away, you may find whitish, yellow, short, flat Seeds, bitter also in Taste.*

**Place.]** Having given you the Description of the Herb from the bottom to the top, give me leave to tell you that there are other Herbs called by this Name: But because they are strangers in *England*, I give only the Description of this which is easie to be had in the Gardens of divers.

**Time.]** Although *Gerrard* saith, That they flower from the Beginning of *May* to the end of *December*, Experience teacheth them that keep it in their Gardens, that it flowers not till the latter end of the Summer, and sheds its Seed presently after.

**Government and Vertues.]** It is under the Dominion of *Mars*; hot, biting and cholerick; and remedies what evils *Mars* afflicts the Body of Man with, by Sympathy, as *Vipers* Flesh attracts *Poyson*, and the *Loadstone* *Iron*.

It kills the Worms, helps the Gout, Cramp and Convulsion, provokes Urine, and helps all Joint-aches. It helps all cold Grievs of the Head, the Vertigo, Falling-sickness, the Lethargy, the Wind-colick, Obstructions of the Liver and Spleen. Stone in the Kidneys and Bladder. It provokes the Terms, expels the dead Birth: It is excellent good for the Grief

*Worms, Gout, Cramp, Convulsion, provokes Urine, Joint-aches, Vertigo, Falling-sickness, Lethargy, Cholerick, Obstructions of the Liver and Spleen, Stone, Terms provokes, dead.*

*Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venomous Beasts, Cholera.* of the Sinews, Itch Sores, and Tooth-ach, the biting of mad Dogs and venomous Beasts, and purgeth Cholera very gently.

### Alkanet.

**B**esides the common Name, it is called Orchanet, and Spanish Bugloss; and by Apothecaries, Enchusa.

*Descript.]* Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description: It hath a great and thick Root, of a reddish Colour, long, narrow, hairy Leaves, green like the Leaves of Bugloss, which lie very thick upon the Ground; the Stalks rise up compassed round about, thick with Leaves, which are lesser and narrower than the former, they are tender, and slender, the Flowers are hollow, small, and of a reddish Colour.

*Place.]* It grows in Kent near Rochester, and in many Places in the West Country, both in Devonshire and Cornwall.

*Time.]* They flower in July, and the Beginning of August, and the Seed is ripe soon after, but the Root is in its prime, as Carrots and Parsnips are, before the Herb run up to stalk.

*Government and Vertues.]* It is an Herb under the Dominion of Venus, and indeed one of her Darlings, though somewhat hard to come by. It helps old Ulcers, hot Inflammations, Burnings by common Fire, and St. Anthony's Fire by Antipathy to Mars; for these Uses your best way is to make it into an Ointment; Also if you make a Vinegar of it as you make Vinegar of Roses, it helps the Morphew and Leprosie; if you apply the Herb to the Privities, it draws forth the dead Child. It helps the Yellow Jaundice, Spleen and Gravel in the Kidneys, (Dioscorides saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly, or applied to the Wound; nay, he saith further, if any one that hath newly eaten it, do but spit into the Mouth of a Serpent, the Serpent instantly dies. It slays the Flux of the Belly; kills Worms, helps the Fits of the Mother. Its Decoction made

*Ulcers, Inflammations, Burnings, St. Anthony's Fire, Morphew, Yellow Jaundice, Spleen, Gravel, Venomous Beast, Flux, Worms, Mother, Back, Bruises, Falls, Small Pox, Measles, Wounds.*

Helps the Yellow Jaundice, Spleen and Gravel in the Kidneys, (Dioscorides saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly, or applied to the Wound; nay, he saith further, if any one that hath newly eaten it, do but spit into the Mouth of a Serpent, the Serpent instantly dies. It slays the Flux of the Belly; kills Worms, helps the Fits of the Mother. Its Decoction made

in Wine, and drunk strengthens the Back, and easeth the Pains thereof; it helps Bruises and Falls, and is as gallant a Remedy to drive out the Small Pox and Measles as any is; an Ointment made of it, is excellent for green Wounds, Pricks or Thrusts.

*Adders-Tongue, or Serpents-Tongue*

**Descript.]** **T**His small Herb hath but one Leaf, which grows with the Stalk a Finger's length above the Ground, being fat and of a fresh green Colour, broad like Water-Plantane, but less without any middle Rib in it; from the bottom of which Leaf, on the inside riseth up (ordinarily) one, sometimes two or three small slender Stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green Colour; like the Tongue of an Adder Serpent (only this is as useful as they are formidable.) The Roots continue all the Year.

**Place.]** It grows in moist Meadows, and such like Places.

**Time.]** And is to be found in April or May, for it quickly perissheth with a little Heat.

**Government and Vertues.]** It is an Herb under the Dominion of the Moon and Cancer, and therefore if the weakness of the Retentive Faculty be caused by any evil Influence of Saturn in any Part of the Body govern'd by the Moon, or under the Dominion of Cancer, this Herb cures it by Sympathy: It cures these Diseases after specified in any part of the Body under the Influence of Saturn, by Antipathy.

It is Temperate in respect of heat, but dry in the second Degree. The Juice of the Leaves drunk with the distilled Water of Horse-tail, is a singular Remedy for all manner of Wounds in the Breasts, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with Casting, Vomiting, or Bleeding at the Mouth or Nose, or otherwise downwards. The said Juice given in the distilled Water of Oaken-buds, is very good for Women who have their usual Courses, or the Whites flowing down too abundantly. It helps sore Eyes. Of the Leaves infused or boiled in Oyl, Olive, or unripe Olives, set in the Sun for certain Days, or the green Leaves sufficiently boiled in the said Oyl, is made an excellent green Balsam not only for green and fresh

*Wounds in the Breast,  
Bowels, Vomiting,  
Terms, stops Whites,  
Wounds, Ulcers,  
Inflammations in the  
Wounds.*

Wounds.

## 6 *The English Physician Enlarged.*

Wound, but also for old and inveterate Ulcers, especially if a little fine clear Turpentine be dissolved therein. It also stayeth and refresheth all Inflammations that arise upon Pains, by Hurts and Wounds.

What Parts of the Body are under each Planet and Sign, and also what Diseases may be found in my Astrological Judgment of Diseases; and for the internal Work of Nature in the Body of Man; as Vital, Animal, Natural and Procreative Spirits of Man; The Apprehension, Judgment, Memory; The external Senses, *viz.* Seeing, Hearing, Smelling, Tasting, and Feeling; The Virtues Attractive. Retentive, Digestive, Expulsive, &c. Under the Dominion of what Planets they are; may be found in my *Ephemeris* for the Year 1651. In both which you shall find the Chaff of Authors blown away, by the Fame of Dr. Reason, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly. To avoid blotting Paper with one thing many times, and also to ease your Purse in the Price of the Book and withal to make you Studious in Physick; you have at the latter end of the Book, the way of preserving all Herbs either in Juice, Conserve, Oyl, Ointment, or Plaister, Electuary, Pills or Troches.

### Agrimony.

Description.] **T**His hath divers long Leaves (some greater some smaller) set upon a Stalk, all of them dented about the Edges, green about, and grayish underneath, and a little hairy withal. Among which ariseth up usually but one strong round hairy brown Stalk, two or three foot high, with smaller Leaves set here and there upon it. At the top whereof grow many small yellow Flowers one above another in long spikes. After which come rough heads of Seeds, hanging downwards, which will cleave to and stick upon Garments, or any thing that shall rub against them. The Knot is black, long and somewhat woody, abiding many years, and shooting afresh every Spring; which Root, though small, hath a reasonable good Scent.

Place.] It groweth upon Banks, near the sides of Hedges or Pales.

Time.] It flowereth in July and August, the Seed being ripe shortly after.

Govern.

*Government and Vertues.*] It is an Herb under *Jupiter*, and the Sign of *Cancer*; and strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under *Saturn*, *Mars* and *Mercury* by Antipathy, if they happen in any Part of the Body governed by *Jupiter*, or under the Signs *Cancer*, *Sagitary* or *Pisces*, and therefore must needs be good for the Gout, either used outwardly in Oyl or Oyntment, or inwardly in an Electuary. or Syrup, or concerted Juice; for which see the latter end of the Book.

It is of a cleansing and cutting Faculty, without any manifest Heat, moderately drying and binding. It openeth and cleanseth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruises, Hurts, and other Distempers. The Decoction of the Herb made with Wine, and drunk, is good against the biting and stinging of Serpents, and helps them that have foul troubled or bloody Waters; and makes them piss clear speedily. It also helpeth the Cholick, cleanseth the Breast, and rids away the Cough. A Draught of the Decoction taken warm before the Fit, first remove, and in time rids away the Tertian or Quartan Agues. The Leaves and Seeds taken in Wine, stay the Bloody-Flux, outwardly applied, being stamped with old Swines-Grease, it helpeth old Sores, Cancers, and inveterate Ulcers, and draweth forth Thorns and Splinters of Wood, Nails, or any other such thing gotten into the Flesh. It helpeth to strengthen the Members that be out of Joint; and being bruised and applied, or the Juice dropped in it, helpeth foul and imposterated Ears.

The distilled Water of the Herb is good to all the said Purposes, either inward or outward, but a great deal weaker.

It is a most admirable Remedy for such whose Livers are annoyed either by Heat or Cold. The Liver is the former of Blood, and Blood the nourisher of the Body, and Agri-nony a strengthner of the Liver.

*Cleansing, Drying,  
Binding, Liver,  
Jaundice, inward  
Wounds, inward  
Bruises, Bloody and  
Troubled Urine. Cho-  
lick, Breast, Cough,  
Tertian and Quartan  
Ague, Bloody Flux,  
Cancers, Thorns,  
Splinters and Nails  
in the Flesh, Mem-  
bers out of Joint,  
Imposterated Ears.*

I cannot stand to give you a Reason in every Herb, why it cureth such Diseases; but if you please to peruse my Judgment in the Herb Wormwood, you shall find them there, and it will be well worth your while to consider it in every Herb; you shall find them true throughout the Book.

### Water-Agrimony.

**I**T is called in some Countries Water-Hemp, Bastard Hemp, and Bastard-Agrimony, Eupatorium, and Hepatorium, because it strengthens the Liver.

*Descript.] The Root continues a long time, having many long slender Strings. The Stalk grows up about two Foot high, sometimes higher. They are of a dark purple Colour: The Branches are many, growing at distances the one from the other, the one from the one side of the Stalk the other from the opposite Point. The Leaves are winged, and much indented at the Edges. The Flowers grow at the top of the Branches, of a brown yellow Colour spotted with black Spots, having a Substance within the midst of them like that of a Dase; if you rub them between your Fingers, they smell like Rozin or Cedar when it is burnt. The Seeds are long and easily stick to any Woollen thing they touch.*

*Place.] They delight not in Heat, and therefore they are not so frequently found in the Southern Parts of England, as in the North, where they grow frequently: You may look for them in cold Grounds, by Ponds and Ditches sides, as also by running Waters; sometimes you shall find them grow in the midst of the Waters.*

*Time.] They all flower in July or August, and the Seed is ripe presently after.*

*Government and Vertues.* It is a Plant of Jupiter as well as the other Agrimony, only this belongs to the Cœlestial Sign Cancer. It healeth and dryeth, cutteth and cleanseth thick and tough Humours of the Breast, and for this I hold it inferiour to but few Herbs that grow. It helps the Cachexia or evil Disposition of the Body, the Dropsie and Yellow Jaundice. It opens Obstructions of the Liver, mollifies the hardness of the Spleen, being

*Cutteth, Cleanseth  
Breast, Cachexia,  
Dropsie, Yellow Jaundice,  
Obstructions,  
Liver, Spleen, Imposthumes, Urine,  
Terms provokes.*

being applied outwardly. It breaks Impost-  
 humes taken inwardly: It is an excellent  
 Remedy for the 3d Day Ague. It provokes  
 Urine and the Terms; it kills Worms,  
 and cleanse the Body of sharp Humours, which are the cause  
 of Itch and Scabs; the Herb being burnt, the Smoak thereof  
 drives away Flies, Wasps, &c. It strengthens the Lungs  
 exceedingly. Country People give it to their Cattle when  
 they are troubled with the Cough, or Broken-winded.

*Worms, Itch,  
 Scabs, Flies,  
 Wasps.*

*Alehoof, or Ground-Ivy.*

**S**everal Countries give it several Names, so that there is  
 scarce an Herb growing of that bigness that hath got so  
 many: It is called *Cats-foot Ground Ivy, Gill-go-by-ground, and  
 Gill-creep-by-ground. Tunhoof, Haymaids, and Alehoof.*

*Descript.]* This well known Herb lieth, spreadeth, and  
 creepeth upon the Ground, shooting forth Roots, at the Corners  
 of tender jointed Stalks, set all along with two round Leaves at  
 every Joint somewhat hairy crumpled, and unevenly dented about  
 the Edges with round dents; at the Joint likewise with the  
 Leaves towards the end of the Branches, come forth hollow, long  
 Flowers, of a blueish purple Colour with small white Spots, upon  
 the Lips that hang down. The Root is small with Strings.

*Place.]* It is commonly found under Hedges, and on the  
 sides of Ditches, under Houses, or in shadowed Lanes, and  
 other waste Grounds, in almost every part of the Land.

*Time]* They flower somewhat early, and abide so a great  
 while; the Leaves continue green until Winter, and some-  
 times abide, except the Winter be very sharp and cold.

*Government and Vertues.]* It is an Herb of *Venus*, and therefore  
 cures the Diseases she causes by Sympathy, and those of *Mars*  
 by Antipathy; you may usually find it all the Year long except  
 the Year be extreemly Frosty; it is quick, sharp, and bitter  
 in Taste, and is thereby found to be

hot and dry; a singular Herb for all  
 inward Wounds, exulcerated Lungs, or  
 other parts, either by it self, or  
 boiled with other the like Herbs; and  
 being drunk, in short time it easeth all  
 griping Pains; Windy and Chole-  
 tick Humours in the Stomack Spleen,

*Inward Wounds,  
 Pains, Griping, Wind,  
 Choler, Stomach, Bel-  
 ly, Stopping in the  
 Liver, Gall, Plague,  
 Poison, Gout, Sciati-  
 ca, Sore Mouth, and*

*Throats, Ulcers in* or Belly; helps the yellow Jaundice by  
*the Privities.* opening the Stoppings of the Gall and  
 Liver, and Melancholy, by opening

the Stoppings of the Spleen; expelleth Venom or Poison,  
 and also the Plague; it provokes Urine and Womens Courtes;  
 the Decoction of it in Wine drunk for some time toge-  
 ther, procureth Ease unto them that are troubled with the  
 Sciatica or Hip-Gout; as also the Gout in Hands, Knees or  
 Feet; if you put to the Decoction some Honey, and a little  
 burnt Allum; it is excellent good to gargle any sore Mouth  
 or Throat, and to wash the Sores and Ulcers in the Privy-  
 parts of Man or Woman: It speedily helpeth green Wounds,  
 being bruised and bound thereunto. The Juice of it boiled  
 with a little Honey and Verdegrease, doth wonderfully

*Itch, Scab, Web in* the spreading or eating of Cancers and  
*the Eye, Redness, and* Ulcers, it helpeth the Itch, Scabs,  
*Watering of them,* Wheals, and other Breakings out in any  
*Ulcers, Noise in the* part of the Body. The Juice of Celan-  
*Ears, Deafness.* dine, Field-Daisies, and Ground-Ivy  
 clarified, and a little fine Sugar dissol-

ved therein, and dropped into the Eyes, is a Sovereign Re-  
 medy for all Pains, Redness, and Watering of them; as also  
 for the Pin and Web, Skins and Films growing over the  
 Sight; it helpeth Beasts as well as Men. The Juice dropped  
 into the Ears, doth wonderfully help the Noise and Singing  
 of them, and helpeth the Hearing which is decayed. It is  
 good to tun up with new Drink, for it will clarifie it in a  
 Night, that it will be the fitter to be drunk the next Morn-  
 ing; or if any Drink be thick with removing, or any other  
 Accident, it will do the like in a few Hours.

### Alexander.

**I**T is also called Alifander, Horse Parsley, and Wild Parsley,  
 and the Black Pot Herb; the Seed of it is: that which is  
 usually sold in the Apothecaries Shops for *Macedonian Pars-  
 ley Seed.*

*Descript.]* It is usually sown in all the Gardens in Europe,  
 and so well known, that it needs no farther Description.

*Time.]* They flower in June and July; the Seed is ripe in  
 August.

# The English Physician Enlarged.

II

**Government and Vertues.]** It is an herb of *Jupiter*, and therefore friendly to Nature, for it warmeth a cold Stomach, and openeth Stopping of the Liver and Spleen; it is good to move Womens Courses, to expel the After-birth, to break Wind, to provoke Urine, and help the Stranguary; and these things the Seeds will do likewise. If either of them be boiled in Wine, or being bruised and taken in Wine, is also effectual against the biting of Serpents. And now you know what *Alexander* cottage is good for, that you may no longer eat it out of Ignorance, but out of Knowledge.

## The Black Alder-tree.

**Descript.]** **T**HIS Tree seldom groweth to any great bigness, but for the most part abideth like a Hedge-bush, or a Tree spreading into Branches, the Wood of the Body being White, and a dark red Cole, or Heart; the outward Bark is of blackish Colour with many whitish Spots therein: But the inner bark next unto the Wood is yellow, which being chewed, will turn the Spittle near unto a Saffron Colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, Dogberry-tree, called in *Suffex* Dog-wood, but blacker and not so long. The Flowers are White, coming forth with the Leaves at the Joints, which turn into small round Berries, first green, afterwards red, but blackish when they are thorough ripe, divided it were into two Parts, wherein is contained two small, round and flat Seeds. The Root runneth not deep into the Ground, but reaches rather under the upper Crust of the Earth.

**Place.]** This Tree or Shrub may be found plentifully in *John's Wood* by *Hornsey*, and in the Woods upon *Hampstead-heath*; as also a Wood called the *Old Park* in *Barcomb* *Essex*, near the Brooks Sides.

**Time.]** It flowereth in *May*, and the Berries are ripe in *September*.

**Government and Vertues.]** it is a Tree of *Venus*, and perhaps under the Cœlestial Sine *Cancer*. The inner Yellow bark hereof purgeth downwards both Cholera and *Flegm*, and the watery Humours of such that have the Dropsie, and strengthen the inward Parts again by binding. If the Bark hereof be boiled

boiled with Agrimony, Wormwood, Dodder, Hops and some Fennel, with Smalage, Endive, and Succory-Roots, and a reasonable Draught taken every Morning for some time together; it is very effectual against the Jaundice, Dropsie, and the evil Disposition of the Body, especially if some suitable purging Medicine have been taken before to avoid the grosser Excrements. It

*Jaundice, Dropsie, Cachexia, Liver, Spleen.*

purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil Humours, and Hardness as they are afflicted with. It is to be understood that these Things are performed by the dried Bark, for the fresh green Bark taken inwardly provoke strong Vomitings, Pains in the Stomach, and Gripings in the Belly: Yet if the Decoction may stand and settle two or three Days, untill the yellow Colour be changed black, it will not work so strongly as before, but will strengthen the Stomach and procure an

*Stomach, weak Appetite lost, Flux, Lice, Itch, Scabs.*

Appetite to Meat. The outward Bark contrariwise doth bind the Body, and is helpful for all Lasks and Fluxes thereof, but this also must be dried

first, whereby it will work the better. The inner Bark thereof boiled in Vinegar is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time. It is singular good to wash the Teeth, to take away the Pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more Milk.

If in the Spring time you use the Herb before mentioned, and will but take a Handful of each of them, and to them add a Handful of Elder-buds; and having bruised them all, boil them in a Gallon of ordinary Beer, when it is new and having boiled them half an Hour, add to this three Gallons more, and let them work together, and drink Draught of it, every Morning half a Pint, or thereabouts. It is an excellent Purge for the Spring, to consume the Ephemeric Quality the Winter hath left behind it, and withal keep your Body in Health, and consume those evil Humours, which the heat of Summer will readily stir up. Esteem it as a Jewel

The common Alder-Tree.

**Descript.]** **G**roweth to a reasonable Height, and spreads much if it likes the Place. It is so generally well known unto Country People, that I conceive it needless to tell that which is no News.

**Place and Time.]** It delighteth to grow in moist Woods, and watry Places ; Flowering in *April* or *May*, and yielding ripe Seed in *September*.

**Government and Use.]** It is a Tree under the Dominion of *Venus*, and of some Watry Sign or other, I suppose *Pisces* ; and therefore the Decoction, or distilled Water of the Leaves, is excellent against Burnings and Inflammations, either with Wounds or without, to bathe the Place grieved with, and especially *Burnings, Inflammations*. for that Inflammation in the Breast, which the Vulgar call an Ague.

If you cannot get the Leaves, ( as in Winter 'tis impossible ) make use of the Bark in the same manner.

The Leaves and Bark of the Alder-tree are cooling, drying and binding. *Coolings, Dryings*. The fresh Leaves laid upon Swellings dissolve them, and stay the Inflammations.

The Leaves put under the bare Feet gauled with Travelling, are a great refreshing to them. The said Leaves gathered while the Morning Dew is on them, and brought into a Chamber *Fleas*.

Troubled with Fleas, will gather them hereunto, which being suddenly cast out, will rid the Chamber of those troublesome Bedfellows.

Angelica.

**T**O write a Description of that which is so well known to be growing almost in every Garden, I suppose altogether needless ; yet for its Vertues it is of admirable Use.

In time of Heathenism, when Men had found out any excellent Herb, they Dedicated it to their Gods ; as the Olive Tree to *Apollo*, the Oak to *Jupiter*, the Vine to *Bacchus*, the Poplar to *Hercules*. These the Papists following as the Patriarchs, they Dedicate them to their Saints ; as our *Lavender Thistle* to the *Blessed Virgin*, *St. John's Wort* to *St. John*, and

and another Wort to *St. Peter*, &c. Our Physicians must imitate like Apes, (though they cannot come off half so cleverly) for they Blasphemously call Phantasies or Heartsease, an *Herb of the Trinity*, because it is of three Colours. And a certain Ointment, an *Ointment, of the Apostles*, because it consists of twelve Ingredients: Alas, I am sorry for their Folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already. Oh! Why must ours be Blasphemous, because the Heathens and Papists were Idolatrous? Certainly they have read so much in old rusty Authors, that they have lost all their Divinity; for unless it were amongst the Ranters I never read or heard of such Blasphemy. The Heathens and Papists were bad, and ours worse; the Papists giving Idolatrous Names to Herbs for their Virtues sake, not for their fair Looks; and therefore some called this an Herb of the *Holy Ghost*; others more moderate called it *Angelica*, because of its Angelical Virtues, and that Name it retain still, and all Nations follow it so near as their Dialect will permit.

*Government and Vertues.*] It is a Herb of the *Sun* in *Leo*; let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his Hour, or in the Hour of *Jupiter*, let *Sol* be Angular; observe the like in gathering the Herbs of other Planets, and you may happen to do Wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists

*Poison Pestilence, Epidemical Diseases.*

Poysen, by defending and comforting the Heart, Blood, and Spirits; it does the like against the Plague and all Epidemical Diseases, if the Root be taken in Powder to the

Weight of half a Dram at a time, with some good Treacle in Carduus-water, and the Party thereupon laid to sweat in his Bed; if Treacle be not to be had, take it alone in Carduus or Angelica-water. The Stalks or Root candied and eaten Fasting, are good Preservatives in time of Infection; and at other times to warm and comfort a cold Stomach. The Root also steeped in Vinegar, and a little of that Vinegar taken sometimes Fasting, and the Root smelted unto, is good for the same Purpose.

*Cold, Wind, Pleurisie, Cough, Lungs, Breast.*

Water distilled from the Root singly, as steeped in Wine and distilled

in a Glass, is much more effectual than the Water of the Leaves; and this Water, drunk two or three Spoonfuls at a time, easeth all Pains and Torments coming of Cold and Wind, so as the Body be not bound; and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Ptytick, and shortness of Breath, and a Syrup of the Stalks doth the like. It helps Pains of the Cholick, the Stranguary, and stopping of the Urine, procureth Womens Courtes, and expelleth the After-birth, openeth the Stoppings of the Liver and Spleen, and briefly easeth and discusseth all Windiness and inward Swellings. The Decoction drunk before the Fit of an Ague, that they may sweat (if possible) before the Fit come, will in two or three times taking, rid it quite away; it helps Digestion, and is a Remedy for a Surfeit. The Juice, or the Water, being dropped into the Eyes or Ears, helps Dimness of Sight and Deafness; the Juice put into the hollow Teeth, easeth their Pains. The Root in Powder made up into a Plaister with a little Pitch, and laid on the Biting of Mad Dogs, or any other venomous Creature, doth wonderfully help. The Juice or the Water dropped, or Tents wet therein, and put into old filthy deed Ulcers, or the Powder of the Root (in want of either) doth cleanse and cause them to heal quickly, by covering the naked Bones, with flesh; the distilled Water applied to places pained with the Gout, or Sciatica, doth give a great deal of Ease. The wild Angelica is not so effectual as the Garden, although it may be safely used to all the Purposes aforesaid.

*Stranguary, Shortness of Breath, Cholick, provokes the Terms, After-Birth.*

*Stoppings of the Liver and Spleen, Indigestion, Surfeit, Tooth-ach.*

*Bitings of Mad Dogs, Ulcers.*

*Gout, Sciatica.*

### Amaranthus.

**B**esides his common Name, by which it is best known by the Florists of our Days, it is called *Flower-Gentle, Lower-Velure, Floramor, and Velvet-Flower.* Descript.] It being a Garden Flower, and well known to every one that keep it, I might forbear the Description; yet notwithstanding

standing, because some desire it, I shall give it. It runneth up with a Stalk a Cubit high, streaked, and somewhat reddish towards the Root, but very smooth, divided towards the Top with small Branches, among which stand long broad Leaves of a reddish green Colour, slippery; the Flowers are not properly Flowers, but Tufts, very beautiful to behold, but of no Smell, of reddish Colour; if you bruise them, they yield Juice of the same Colour, being gathered, they keep their Beauty a long time; the Seed is of a shining black Colour.

*Time.*] They continue in Flower from *August* till the time the Frost nip them.

*Government and Vertues.*] It is under the Dominion of Saturn, and is an excellent Qualifier of the unruly Actions and Passions of *Venus*, though *Mars* also should join with her. The Flowers dried and beaten into Powder, stop the Terms in Women, and so do almost all other red Things. And by the Icon, c

Image of every Herb, the Ancients at first found out the Vertues; Modern Writers laugh at them for it; but I wonder in my Heart, how the Vertues of Herbs came at first to be known, if not by their Signatures; the Modern have them from the Writers of the Ancients; The Ancients had no Writings to have them from; but to proceed

*Flux, Bleeding, Whites, Running of the Reins, French Pox.* The Flowers stop all Fluxes of Blood, whether in Man or Woman, bleeding either at the Nose or Wound. There is also a sort of *Amaranthus* which bears a white Flower which

stops the Whites in Women, and the Running of the Reins in Men, and is a most Gallant Antivenereal, and a singular Remedy for the *French Pox*.

### Anemone.

Called also *Wind-flower*, because they saw the Flowers never open but when the Wind bloweth, *Pliny* is the Author; if it be not so blame him. The Seed also (if it bears any at all) flies away with the Wind.

*Place and Time.*] They are sown usually in the Garden of the Curious, and flower in the Spring-time. As for the Description I shall pass it, being well known to all those that sow them.

*Government and Vertues.*] It is under the Dominion of Mars, being supposed to be a kind of Crow foot. The Leaves provoke the Terms mightily, being boiled, and the Decoction drunk. The Body being bathed with the Decoction of them, cures the Leprosy. The Leaves being stamped, and the Juice snuffed up in the Nose, purgeth the Head mightily; so doth the Root, being chewed in the Mouth, or it procureth much spitting, and bringeth away many watry and flegmatick Humours, and therefore excellent for the Lethargy: and when all is done, let Physicians use what they please, all the Pills in the Head like to hot things held in the Mouth. Being made into an Oyntment, and the Eyes anointed with it, it helps Inflammations of the Eyes, whereby it is palpable, that every stronger draweth its maker like. The same Oyntment is excellent good to cleanse malignant and corroding Ulcers.

*Terms provokes.*

*Head purgeth.*

*Lethargy.*

*Eyes inflamed.*

*Ulcers.*

### Garden-Arrach.

**CALLED** also Orach, and Arage. Descript.] It is so commonly known to every Housewife, were but labour lost to describe it. Time.] It flowereth and feedeth from June to the end of August.

*Government and Vertues*] It is under the Government of Moon; in Quality cold and moist like unto her. It softneth and looseneth the Body of Man being eaten, and forceth the expulsive Faculty in him. The Herb, whether bruised and applied to the Throat, or boiled, and in like manner applied, it matters not much, it is excellent good for Swellings in the Throat; the best way, I suppose, is to drink it, and having drunk the Decoction inwardly, apply the Herb outwardly: The Decoction of it besides, is an excellent Remedy for the Yellow Jaundice.

## Arrach, wild and stinking.

**C**alled also *Vulvaria*, from that Part of the Body, upon which the Operation is most ; also Dogs-Arrach, Goats-Arrach, and stinking Mother-wort.

**Descript.]** *This hath small and almost round Leaves ; yet a little pointed, and without dent or cut, of a dusky mealy Colour, growing on the slender Stalks and Branches that spread on the Ground, with small Flowers in Clusters set with the Leaves, and small Seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten Fish, or something worse.*

**Place.]** It grows usually upon Dunghills.

**Time.]** They flower in June and July, and their Seed is ripe quickly after.

**Government and Virtues.]** Stinking Arrach is used as a Remedy to help Women pained, and almost strangled with the Mother, by smelling to it ; but inwardly taken, there is no better Remedy under the Moon for that Disease. I would be large in Commendation of this Herb, were I but Eloquent. It is an Herb under the Dominion of *Venus*, and under the Sign *Scorpio* ; It is common almost upon every Dunghill. The Works of God are given freely to Man, his Medicines are common and cheap, and easie to be found : 'tis the Medicines of the *College of Physicians* that are so dear and scarce to find) I commend it for an universal Medicine for the *Womb*, and such a Medicine as will easily, safely, and speedily Cure any Disease thereof, as the Fits of the *Mother*, Dislocation, or falling out thereof ; it cools the Womb being over-heated. And let me tell you this, and I will tell you the Truth, Heat of the Womb is one of the greatest Causes of hard Labour in Child-birth. It makes barren Women fruitful, it cleanseth the Womb if it be foul, and strengthens it exceedingly ; it provokes the Terms if they be stopped, and stops them if they flow immoderately ; you can desire no good to your Womb, but this Herb will effect it ; therefore if you love Children, if you love Health, if you love Ease, keep a Syrup always by you, made of the Juice of this Herb, and Sugar, (or Honey if it be to cleanse the Womb) and let such as be rich keep it for their poor Neighbours.

hours; and bestow it as freely as I bestow my Studies upon them, or else let them look to answer it another Day, when the Lord shall come to make Inquisition of Blood.

### Arch-angel.

**T**O put a gloss upon their Practice, the Physicians call an Herb (which Country People vulgarly know by the name of Dead-Nettle) Arch-angel; whether they savour of more Superstition or Folly, I leave to the judicious Reader. There is more Curiosity than courtesie to my Country-men used by others in the Explanation as well of the Names, as Description of this so well known Herb; which, that I may not also be guilty of, take this short Description, first of the red Arch-angel.

*Description.*] This has divers square Stalks somewhat hairy, at the Joynts whereof grow two sad green Leaves dented about the edges, opposite to one another to the lowermost upon long foot stalks, but without any towards the tops, which are somewhat round, yet pointed, and a little crumpled and hairy, round about the upper Joynts, where the Leaves grow thick are sundry gaping flowers of a pale reddish Colour; after which comes the Seeds three or four in a Husk. The Root is smaller and thready, perishing every Year; the whole Plant hath a strong Scent, but not linking.

White Arch-angel hath divers square Stalks, none standing straight upright, but bending downward, whereon stand two Leaves as a Joynt, larger and more pointed than the other, dented about the Edges and greener also, more like unto Nettle Leaves, but not stinging, yet hairy. At the Joynts with the Leaves stand larger and more open gaping white Flowers, Husks round about the Stalks but not with such a Bush of Leaves, as Flowers seen in the top, as is on the other wherein stand small roundish black seeds; the Root is white, with many Strings at it, not growing downward, but lying under the upper Crust of the Earth, and abideth many Years encreasing; this hath not so strong a Scent as the former.

Yellow Arch-angel is like the white in the Stalks and Leaves; but that the Stalks are more straight and upright, and the Joynts with Leaves are farther asunder, having longer Leaves than the former, and the Flowers a little larger and more gaping, of a fair yellow Colour in most, in some paler. The

*Roots are like the white, only they creep not so much under the Ground.*

*Place.*] They grow almost every where (unless it be in the middle of the Street) the yellow most usually in the wet Grounds of Woods, and sometimes in the dryer, in divers Countries of this Nation.

*Time.*] They flower from the beginning of the Spring and the Summer long.

*Vertues and Use.*] The Arch-angels are somewhat hot and dryer than the stinging Nettles, and used with better success

*Spleen.* for the stopping and hardness of the Spleen, than they, by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of a Spleen and a Plaister, or the Decoction with Spunges. Flowers of the White Arch-angel are preserved or conserved to be used to stay the Whites, and the Flowers of the Red to stay the Red in Women. It makes the Heart merry, drives away Melancholy, quickens the Spirits, is good against Quartan Agues, standeth good against Bleeding at Mouth and Nose, if it be stamped and applied to the Nape of the Neck; the Herb also bruised and with some Salt and Vinegar, and Hogs greas laid upon any hard Humour or Swelling or that which is vulgarly called the King's-Evil, do help to dissolve or discuss them; and being in like manner applied, doth much allay the Pains and give ease to the Gout, Sciatica, and other Pains of the Joints and Sinews. It is also very effectual to heal green Wounds, and old Ulcers; also to stay their fretting, gnawing and spreading. It draweth forth Splinters and such like Things gotten into the Flesh, and is very good against Bruises and Burnings. But the yellow Arch-angel is more commended for old, filthy, corrupt Sores and Ulcers, yet although they grow to be hollow; and to dissolve Tumours. The chief use of them is for Women, it being an Herb of Venus, and may be found in my *Guide for Women*.

*Whites.* or conserved to be used to stay the Whites, and the Flowers of the Red to stay the Red in Women. It makes the Heart merry, drives away Melancholy, quickens the Spirits, is good against Quartan Agues, standeth good against Bleeding at Mouth and Nose, if it be stamped and applied to the Nape of the Neck; the Herb also bruised and with some Salt and Vinegar, and Hogs greas laid upon any hard Humour or Swelling or that which is vulgarly called the King's-Evil, do help to dissolve or discuss them; and being in like manner applied, doth much allay the Pains and give ease to the Gout, Sciatica, and other Pains of the Joints and Sinews. It is also very effectual to heal green Wounds, and old Ulcers; also to stay their fretting, gnawing and spreading. It draweth forth Splinters and such like Things gotten into the Flesh, and is very good against Bruises and Burnings. But the yellow Arch-angel is more commended for old, filthy, corrupt Sores and Ulcers, yet although they grow to be hollow; and to dissolve Tumours. The chief use of them is for Women, it being an Herb of Venus, and may be found in my *Guide for Women*.

*Melancholly, Quartan Agues, Bleeding at Nose, Swellings, King's Evil, Gout, Sciatica, Joints, Ulcers, old Sores, Bruises, Burnings.*

*Melancholly, Quartan Agues, Bleeding at Nose, Swellings, King's Evil, Gout, Sciatica, Joints, Ulcers, old Sores, Bruises, Burnings.*

Arffmart.

**T**HE hot Arffmart is called also Water-Pepper, or Culrage. The mild Arffmart is called dead Arffmart, Porcicaria, or Peach-wort, because the Leaves are so like the Leaves of a Peach-tree ; it is also called Plumbago.

Description of the mild.] *This hath broad Leaves set at the great red Joint of the Stalks ; with semi-circular blackish Marks on them usually, yet sometimes without. The Flowers grow in long Spikes usually either blueish or whitish with such like Seed following. The Root is long, with many Strings thereat, perishing yearly ; this hath no sharp Taste (as another sort hath, which is quick and biting) but rather sower like Sorrel, or else a little drying, or without taste.*

Place.] It grows in watry Plashe Ditches, and the like which for the most Part are dry in Summer.

Time.] It flowereth in June, and the Seed is ripe in August.

Government and Vertues.] As the Vertues of both these is various, so are also their Government ; for that which is hot and biting, is under the Dominion of Mars, but Saturn challengeth the other, as appears by that Leaden-colour'd Spot he hath placed upon the Leaf.

It is of a cooling and drying Quality, and very effectual for putrified Ulcers in Man or Beatt, to kill Worms, and cleanse the putrified Places. The Juice thereof dropped in, or otherwise applied, consumeth all cold Swellings and dissolveth the congeal'd Blood of Bruises by Strokes, Falls, &c.

A Piece of the Root, or some of the Seed bruised, and held to an aking Tooth, taketh away the Pain. The Leaves bruised and laid to the Joint that hath a Felon thereon taketh it away. The Juice destroyeth Worms in the Ears being dropped into them ; if the hot Arffmart be strewed in a Chamber, it will soon kill all the Fleas ; and the Herb or Juice of the cold Arffmart, put to a Horse or other Cattels Sores, will drive away the Fly

in the hottest time of Summer ; a good Handful of the hot biting Arffmart put under a Horse's Saddle, will make him

B 5 Travel

Travel the better although he were half tired before. The mild Arismart is good against all Imposthumes and Inflammations at the beginning, and to heal green Wounds.

All Authors chop the Virtues of both Sorts of Arismart together, as Men chop Herbs to the Pot, when both of them are of cleancontrary Qualities. The hot Arismart groweth not so high or tall as the mild doth, but hath many Leaves of the Colour of Peach Leaves, very seldom or never spotted. In other Particulars it is like the former, but may easily be known from it if you will but be pleased to break a Leaf of it cross your Tongue, for the hot will make your Tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broader Leaves: And our College of Physicians out of the learned Care of the Publick good, *Anglica*, their own Gain, mistake the one for the other in their *New Master-piece*, whereby they discover, 1. Their Ignorance. 2. Their Carelessness; and he that hath but half an Eye, may see their Pride without a Pair of Spectacles. I have done what I could to distinguish them in the Virtues, and when you find not the contrary named, use the cold. The Truth is, I have not yet spoken with Dr. Reason, nor his Brother Dr. Experience, concerning either of them both.

### *Asarabacca.*

**Descript.]** **A**sarabacca hath many Heads rising from the Roots, from whence come many smooth Leaves every one upon his own foot Stalk, which are rounded and bigger than Violet Leaves, thicker also, and of a dark green shining Colour on the upper-side, and of a pale yellow green underneath, little or nothing dented about the Edges, from among which rise small round, hollow, brown, green Husks, upon short Stalks, about an Inch long, divided at the Brims into five Divisions, very like the Cups or Heads of the Henbane-Seed, but that they are smaller and these be all the Flowers it carrieth, which are somewhat sweet being smelled unto, and wherein when they are ripe is contained small cornered rough Seeds, very like the Kernels or Stones of Grapes or Raisins. The Roots are small and whitish, spreading divers ways in the Ground, and increasing into divers Heads but not running or creeping under the Ground, as some other creeping Herbs do. They are somewhat sweet in smell, resembling

*Nardus.*

Nardus, but more when they are dry, than green ; and of a sharp, but not unpleasing Taste

Place.] It groweth frequently in Gardens.

Time.] They keep their Leaves green all Winter ; but shoot forth now in the Spring, and with them come forth those Heads or Flowers which give ripe Seed about Midsummer, or somewhat after.

Government and Vertues.] 'Tis a Plant under the Dominion of Mars, and therefore inimical to Nature. This Herb being drunk not only provoketh Vomiting but purgeth downward, and by Urine also, *Caused Vomiting, Cholera, Flegm, Urine, Obstructions of the Liver and Spleen, Dropsie, Jaundice, Agues.* purgeth both Choler and Flegm : If you add to it some Spicknard, with the Whey of Goats Milk, or Honeyed Water, it is made more strong, but it purgeth Flegm more manifestly than Choler and therefore doth much help Pains in the Hips and other Parts ; being boiled in Whey, they wonderfully help the Obstructions of the Liver and Spleen, and therefore profitable for the Dropsie and Jaundice, being steeped in Wine and drunk ; it helps those continual Agues that come by the Plenty of stubborn Humours ; an Oyl made thereof by setting in the Sun, with some *Laudanum* added to it, provoketh Sweating, (the Ridge of the Back being anointed therewith) and thereby driveth away the shaking Fits of the Ague. It will not abide any long boiling, for it loseth its chiefest Strength thereby ; nor much beating for the finer Powder doth provoke Vomits and Urine, and the coarser purgeth downwards.

The common Use hereof, is to take the Juice of five or seven Leaves in a little drink to cause Vomiting ; the Roots have also the same Virtue, though they do not operate so forcibly ; they are very effectual against the biting of Serpents, and therefore are put as an Ingredient both into Mithridate and Venice-Treacle. The Leaves and Roots *Serpents, Head, Memory.* being boiled in Lie, and the Head often washed therewith while it was warm, comforteth the Head and Brain that is ill affected by taking cold, and helpeth the Memory.

I shall desire ignorant People to forbear the Use of the Leaves ; the Roots purge more gently, and may prove beneficial in such as have Cancers, or old putrified Ulcers, or Fistulaes upon their Bodies, to take a Dram of them in Powder in a Quarter of a Pint of White-Wine in the Morning. The Truth is, I fancy Purging and Vomiting Medicines as little as any Man breathing doth, for they weaken Nature nor shall ever advise them to be used unless upon urgent Necessity. If a Physician be Nature's Servant, it is his Duty to strengthen his Mistress as much as he can, and weaken her as little as may be.

### Asparagus, Sparagus, or Sperage.

**Descript.]** *It riseth up at first with divers white and green scaly Heads, very brittle or easie to break while they are young, which afterward rise up in very long and slender green Stalks, of the Bigness of an ordinary riding Wand, at the Bottom of most, or bigger or lesser, as the Roots are of growth; on which are set divers Branches of green Leaves shorter and smaller than Fennel to the Toy; at the Joints whereof come forth small mossie yellowish Flowers, which turn into round Berries, green at first, and of an excellent red Colour when they are ripe, shewing like Beads of Coral, wherein are contained exceeding hard black Seeds, the Roots are dispersed from a spongy Head into many long, thick, and round Strings, whereby is sucked much Nourishment out of the Ground, and increaseth plentifully thereby.*

### Prickly Asparagus, or Sperage.

**Descript.]** *It groweth usually in Gardens, and some of it grows wild in Appleton Meadow in Gloucestershire, where the poor People do gather the Buds or young Shoots, and sell them cheaper than our Garden Asparagus is sold at London.*

**Time.]** They do for the most Part flower, and bear their Berries late in the Year, or not at all, although they are housed in Winter.

**Government and Vertues.]** They are both under the Dominion of Jupiter. The young Buds or Branches boiled in ordinary Broth, make the Belly soluble and open; and boiled in White-wine, provoke Urine, being stopp'd, and is good against the Stranguary or Difficulty.

*Belly, Stranguary, Dysury, Gout, Sciatica, Eyes, Tooth ach.*

y of making Water; it expelleth the Gravel and Stone out of the Kidneys, and helpeth Pains in the Reins: And boiled in White-wine or Vinegar, it is prevalent for them that have their Arteries loosened, or are troubled with the Hip-Gout or Sciatica. The Decoction of the Roots boiled in Wine and taken, is good to clear the Sight, and being held in the Mouth salethe the Tooth-ach; and being taken fasting several Mornings together, stirreth up bodily Lust in Man or Woman, whatsoever some have written to the contrary.) The Garden Asparagus nourisheth more than the wild, yet hath it the same Effects in all the afore-mentioned Diseases: The Decoction of the Roots in White-wine, and the Back and Belly washed therewith, or kneeling or lying down in the same, or sitting therein as a Bath, hath been found effectual against Pains of the Reins and Bladder, Pains of the Mother and Cholick, and generally against all Pains that happen to the lower Parts of the Body, and is less effectual against stiff and benumbed Sinews, or those that are shrunk by Cramps and Convulsions, and helpeth the Sciatica.

*Reins, Bladder, Mother, Cramp, Cholick, Convulsion.*

### Ash-Tree.

**T**HIS is so well known, that time will be mispent in writing a Description of it; and therefore I shall only list upon the Vertues of it.

*Government and Vertues*] It is govern'd by the Sun; and the youngtender tops, with the leaves taken inwardly, and some of them outwardly applied, are singular good against the Biting of the Viper, Adder, or any other venomous Beast; and the Water distilled therefrom, being taken a small Quantity every Morning fasting, is a singular Medicine for those that are subject to a Dropsie, or to abate the Greatness of those that are too gross and fat. The Decoction of the Leaves in

*Adder and Viper biting, Dropsie, Stone, Jaundice, Leprosie, Scabs, Scald-Heads, Stiches, Stone, Disury, Rickets, &c.*

White-wine helpeth to break the Stone, and expel it, and cureth the Jaundice. The Ashes of the Bark of the Ash made into Lie, and those Heads bathed therewith, which are Leprous, Scabby, or Scald, they are thereby Cured.

The

The Kernels within the Husks, commonly called Ashen Keys prevail against Stitches and Pains in the Sides, proceeding of Wind, and voideth away the Stone by provoking Urine.

I can justly except against none of all this, save only the first, viz. That Ash-tree Tops and Leaves are good against the Bitings of Serpents and Vipers. I suppose this had its rise from *Gerard* or *Pliny* both which hold, That there is such an Antipathy between an Adder and an Ash tree, that if an Adder be encompassed round with Ash-tree Leaves, she will sooner run through the Fire than through the Leaves: The contrary to which is the Truth, as both my Eyes are Witness. The rest are Vertues something likely, only if it be in Winter when you cannot get the Leaves, you may safely use the Bark instead of them. The Keys you may easily keep all the Year, gathering them when they are ripe.

### *Avens called also Colewort, and Herb Bonet.*

**Descript. ]** **T**HIS ordinary *Avens* hath many long, rough dark green winged Leaves, rising from the Root, every one made of many Leaves set on each Side of the Middle Rib, the largest Three whereof grow at the End, and are snip'd or dented round about the Edges; the other being small Pieces, sometimes Two, and sometimes Four, standing on each Side of the middle Rib underneath them. Among which do rise up divers rough or hairy Stalks about two Foot high branching forth with Leaves at every Joint, not so long as those below, but almost as much cut in on the Edges, some into three Parts, some into more. On the Tops of the Branches stand small, pale, yellow Flowers, consisting of five Leaves, like the Flowers of Cinquefoil, but large, in the Middle whereof standeth a small green Herb, which when the Flower is fallen groweth to be rough and round, being made of many long greenish purple Seeds (like Grains) which will stick upon your Cloaths. The Root consists of many brownish Strings or Fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and drier Grounds, and in the freer and clear Air. **Place.]** They grow wild in many Places under Hedges sides and by the Pathways in Fields; yet they rather delight to grow in shadowy than sunny Places.

**Time.]** They flower in May and June for the most Part and their Seed is ripe in July at the farthest.

*Government and Vertues.*] It is governed by *Jupiter*, and that gives hopes of a wholesome healthful Herb, It is good for the Diseases of the Chest or Breast, for Pains, Stitches in the Sides, and to expel crude and raw Humours from the Belly and Stomach by the sweet savour and warming quality. It dissolveth the inward congealed Blood happening by Falls or Bruises, and the spitting of Blood, if the Roots, either green or dry, be boiled in Wine and drunk; as also all manner of inward Wounds or outward, if they be washed or bathed therewith. The De-

*Breast, Stitches, Wind, Belly, Stomach inward Wounds, Obstructions, Cholick, Heart, Cold Brain, Fluxes, Ruptures, Spots and Marks in the Face, Plague, Poyson, Indigestion.*

coction also being drunk, comforteth the Heart, and strengtheneth the Stomach and a cold Brain, and therefore is good in the Spring time to open Obstructions of the Liver, and helpeth the Wind Cholick; it also helps those that have Fluxes, or are Bursten, or have a Rupture; it taketh away Spots or Marks in the Face, being washed therewith. The Juice of the fresh Root, or Powder of the dried Root, hath the same effect with the Decoction. The Root in the Spring time steep'd in Wine, doth give it a delicate Savour and Taste, and being drunk fasting every Morning, comforteth the Heart, and is a good Preservative against the Plague, or any other Poyson. It helpeth Digestion, and warmeth a cold Stomach, and openeth Obstructions of the Liver and Spleen.

It is very safe; you need have no Dose prescribed; and is very fit to be kept in every Bodies House.

### Balm.

**T**His Herb is so well known to be an Inhabitant almost in every Garden, that I shall not need to write any Description thereof, although the Vertues thereof, which are many, may not be omitted.

*Government and Vertues.*] It is an Herb of *Jupiter*, and under *Cancer*, and strengthens Nature much in all its Actions. Let a Syrup made with the Juice of it and Sugar (as you shall be taught at the latter end of the Book) be kept in every Gentlewoman's House, to relieve the weak Stomachs and sick Bodies of their poor sickly Neighbours; as also the Herb kept dry in the House, that so with other convenient

Simples

Simples you may make it into an Electuary with Honey, according as the Disease is, as you shall be taught at the latter end of my Book. The *Arabian* Physicians have extolled the Vertues thereof to the Skies, although the *Greeks* thought it not worth mentioning. *Serapio* saith,

*Mind, Heart, Faintings, Swoonings, Melancholly, Indigestion, Obstruction of the Brain, Heart, Arteries, venomous Beasts, mad Dogs, Terms provokes, Tooth-ach, Bloody-Flux, Mushrooms, difficulty of Breathing, Gout, Liver, Spleen.*

It causeth the Mind and Heart to become merry and reviveth the Heart, fainting in Swoonings, especially of such who are overtaking in Sleep, and driveth away all troublesome Cares and Thoughts out of the Mind arising from Melancholly or black Choler; which *Avicen* also confirmeth. It is very good to help Digestion, and open Obstructions of the Brain, and hath so much purging Quality in it (saith *Avicen*) as to expel those melancholly Vapours from the Spirits and Blood which are in the Heart and Arteries, although it cannot do so in o-

ther parts of the Body. *Dioscorides* saith, That the Leaves steeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy against the Sting of a Scorpion, and the biting of mad Dogs; and commendeth the Decoction thereof for Women to bathe or sit in to procure their Courses; it is good to wash aking Teeth therewith and profitable for those that have the Bloody-Flux. The Leaves also with a little Nitre taken in Drink, are good against a Surfeit of Mushrooms, helps the Gripping Pains of the Belly; and being made into an Electuary, it is good for them that cannot fetch their Breath; used with Salt, it takes away Wens, Kernels or hard Swellings in the Flesh or Throat; it cleanseth foul Sores and easeth Pains of the Gout. It is good for the Liver and Spleen. A Tansie or Caudle made with Eggs, and Juice thereof while it is young, putting to it some Sugar and

*Women in Child-bed, Fainting in Travel, Boiles.*

Rose-water, is good for a Woman in Child-bed, when the After-birth is not thoroughly avoided, and for their Faintings upon or in their fore Travel. The

Herb bruised and boiled in a little Wine and Oyl, and laid warm on a Boile, will ripen and break it.

Barberry.

THE Shrub is so well known by every Boy and Girl that hath but attained to the Age of seven Years, that it needs no Description.

*Government and Vertues.*] Mars owns the Shrub, and presents it to the Use of my Country-men to purge their Bodies of Choler. The inner Rind of the Barberry-tree boiled in White-wine, and a quarter of a Pint drunk each Morning, is an excellent Remedy to cleanse the Body of cholerick Humours, and free it from such Diseases as Choler causeth, such be Scabs, Itch, Tetters, Ring-worms, yellow Jaundice, Boiles, &c. It is excellent for hot Agues, Burnings, Scaldings, Heat of the Blood, Heat of the Liver, Bloody-flux; for the Berries are as good as the Bark, and more pleasing, they get a Man a good Stomach to his Victuals, by strengthening the attractive Faculty, which is under Mars, as you may see more at large in the latter end of my *Ephemeris* for the Year 1651: The Hair washed with the Lie made of the Ashes of the Tree and Water, 'twill make it turn yellow, viz. of Mars his own Colour. The Fruit and Rind of the Shrub, the Flowers of Broom and of Heath, or Furs cleanse the Body of Choler by Sympathy, as the Flowers, Leaves and Bark of the Peach-tree do by Antipathy; because these are under Mars, that under Venus.

Choler, Scabs, Itch, Tetters, Ring-worms, yellow Jaundice, Boils, Agues, Burnings, Scalding, Appetite lost, Hair.

Barley.

THE continual Usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe its several Kinds hereof plentifully growing, being yearly sown in this Land. The Vertues whereof take as followeth.

*Government and Vertues.*] It is a notable Plant of Saturn; if you view diligently its Effect by Sympathy and Antipathy, you may easily perceive a Reason of them; as also why Barley-bread is so unwholsome for Melancholly People, Barley in all the Parts and Compositions thereof (except Malt) is more cooling than Wheat, and a little cleansing; and all the Preparations thereof, as Barley-water and other things

# 30 *The English Physician Enlarged.*

*Fevers, Agues, Stomach, Apost- humes, Inflammations, Spleen.*

things made thereof, do give great Nourishment to Persons troubled with Fevers, Agues, and Heats in the Stomach. A Pultis made of Barley-meal or Flower Boiled in Vinegar and Honey, and a few dry Figs put into them, dissolveth all hard Imposthumes, and asswageth Inflammations, being thereto applied. And being boiled with Melilot and Camomile-flowers, and some Linseed, Fenugreek and Rue in Powder, and applied warm, it easeth Pains in Side and Stomach, and Windiness of the Spleen. The Meal of Barley and Fleawort boiled in Water, and made into a Pultis with Honey and Oyl of Lillies applied warm, cureth Swellings under the

*Ears, Throat, Neck, King's-Evil, Leprosie, Flux Gout, Itch-Eyes.*

Ears, Throat, Neck, and such like; and a Plaister made thereof with Tar, Wax, and Oyl, helpeth the King's Evil in the Throat; boiled with sharp Vinegar into a Pultis, and laid on hot, helpeth the Leprosie; being boiled in red Wine with Pomgranate Rinds, and Mirtles, stayeth the Lask or other Flux of the Belly; boiled with Vinegar and Quince, it easeth the Pains of the Gout, Barley-flower, White Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly. The Water distilled from the green Barley in the end of May, is very good for those that have Defluctions of Humours, fallen into their Eyes, and easeth the Pains being dropped into them; or White Bread steeped therein, and bound on to the Eyes, doth the same.

## Garden-Bazil, or Sweet-Bazil.

**Descript.]** **T**HE greater or ordinary Bazil riseth up usually with one upright Stalk diversly branching forth on all Sides, with two Leaves at every Joynt, which are somewhat broad and round, yet pointed, of a pale green Colour, but fresh, a little snip'd about the Edges, and of a strong heady Scent. The Flowers are small and white, and standing at the Tops of the Branches, with two small Leaves at the Joynts, in some Places green, in others brown, after which come black Seed. The Root perisheth at the approach of Winter, and therefore must be new sown every Year.

**Place.]**

Place.] It only groweth in Gardens.

Time.] It must be sowed late and flowers in the Heart of Summer, being a very tender Plant.

Government and Vertues.] This is the Herb which all Authors are together by the Ears about, and rail at one another (like Lawyers) Galen and Dioscorides hold it not fitting to be taken inwardly; and Chysippus rails at it with down right Millingsgate Rhetorick. Pliny, and the Arabian Physicians denie it.

For mine own part, I presently found that Speech true;

*Non nostrum inter nos tantas componere lites.*

And away to Dr. Reason went I, who told me it was an Herb of Mars, and under the Scorpion, and perhaps therefore called Aspidion, and then no marvel if it carry a

kind of virulent Quality with it. Being Venomous, Beasts applied to the Place bitten by venomous Bees, Wasps, Hornets, or stung by a Wasp, or Hornet, it

speedily draws the Poyson to it; Every

one draws his like. Mizaldus affirms, that it being laid to rot in horse-dung it will breed venomous Beasts. And Hillarius, a French Physician, affirms upon his own Knowledge, That an Acquaintance of his, by common Smelling to it, had a Scorpion bred in his Brain. Something is the matter this Herb and Rue will not grow together, no, nor near one another, and we know Rue is as great an Enemy to Poyson as any grows.

To conclude: It expelleth both Birth and After-birth; and it helps the Deficiency of Venus in one kind, so it spoils all her Actions in another. I dare write no more of it.

### The Bay-tree.

THIS is so well known, that it need no Description; I shall therefore only write the Vertues thereof, which are many.

Government and Vertues.] I shall but only add a Word or two to what my Friend hath written, viz. That it is a Tree of the Sun, and under the Celestial Sign Leo, and resisteth Witchcraft very potently, as also all the Evils old Saturn can do to the Body of Witchcraft.

Man, and they are not a few; for it is the Speech of one, and I am mistaken if it were not Mizaldus, that neither Witch nor Devil, Thunder nor Lightning

ning, will hurt a Man in the Place where a Bay-tree is  
 Gallen said, That the Leaves or Bark do dry and heal very  
 much, and the Berries more than the Leaves. The Bark  
 of the Root is less sharp and hot, but more bitter, and  
 hath some Astringent withal, whereby it  
 is effectual to break the Stone, and  
 good to open Obstructions of the Liver,  
 Spleen, and other inward Parts, which  
 bring the Dropfie, Jaundice, &c. The  
 Berries are very effectual against all  
 Poyson of venomous Creatures, and  
 the Sting of Wasps and Bees; as also  
 against the Pestilence, or other infectious  
 Diseases, and therefore put into sun-  
 dry Treacles for that Purpose: they like-  
 wise procure Womens Courses; and seven  
 of them given to a Woman in fore Tra-  
 vel of Child-birth, do cause a speedy De-  
 livery, and expel the After-birth, and  
 therefore not to be taken by such as have

not gone out their Time, lest they procure Abortment  
 or cause Labour too soon. They wonderfully help all Cold  
 and Rheumatick Distillations from the Brain to the Eyes,  
 Lungs, or other Parts; and being made into an Electuary  
 with Honey, do help the Consumption, old Coughs, Shortness  
 of Breath and thin Rheums; as also the Megrims. They might-  
 ily expel the Wind, and provoke Urine; help the Mother, and  
 kill the Worms. The Leaves also work the like Effects. A  
 Bath of the Decoction of the Leaves and Berries, is singu-  
 lar good for Women to sit in, that are troubled with the  
 Mother, or the Diseases thereof, or the Stoppings of their  
 Courses, or for the Diseases of the Bladder, Pains in the  
 Bowels by Wind and Stopping of Urine. A Decoction  
 likewise of equal Parts of Bayberries, Cummin-seed, Hyssop,  
 Origanum, and Euphorbium, with some Honey, and the  
 Head bathed therewith, doth wonderfully help Distillations  
 and Rheums, and setteth the Palate of the Mouth into  
 its Place. The Oyl made of the Berries is very comfortable  
 in all cold Grievs of the Joints, Nerves, Arteries Stomach,  
 Belly, or Womb, and helpeth Palsies, Convulsions, Cramps,  
 Aches, Tremblings and Numbness in any Part, Weariness  
 also, and Pains that come by sore Travelling: All Grievs and  
 Pains

ains proceeding from Wind, either in the Head, Stomach, Ick, Belly or Womb, by anointing the parts affected therewith : And Pains in *Stomach, Belly, Womb,* the Ears are also cured by dropping in *Ears, Marks in* me of the Oyl, or by receiving into the *the Skin, Itch,* the warm Fume of the Decoction of *Scabs.* the Berries through a Funnel. The Oyl takes away the Marks of the Skin and Flesh by Bruises. Falls, &c. and dissolveth the congealed Blood in them : It helpeth to the Itch, Scabs, and Wheals in the Skin.

### Beans.

Both the Garden and Field-Beans are so well known, that it saveth me the Labour of Writing any Description of them. Their Vertues follow.

*Government and Vertues.*] They are Plants of *Venus*, and the distilled Water of the Flower of Garden-Beans, is good to cleanse the Face and Skin from Spots and Wrinkles, and the Meal or Flower of *Spots, Stone, Dis-* them, or the small Beans, doth the same. *sury, Inflammati-* The Water distilled from the green *ons, Womens Breasts,* husks, is held to be very effectual against *Felons or Andicoms,* the Stone, and to provoke Urine. Bean- *Boils, Bruises, Ears,* powder is used in Pultisses to assuage In- *Eyes, Leeches, Cods,* inflammations rising upon Wounds, and *Swellings, Flux,* the Swelling of Womens Breasts, caused *Pain, Sinew, Sci-* by the Curdling of their Milk, and re- *atica, Gout.* fresseth their Milk : The Flower of Beans

and Fenugreek mixed with Honey, and applied to Felons, Boils, Bruises, or blue Marks by Blows, or the Imposthumes in the Kernels of the Ears, helpeth them all ; and with Rose Leaves, Frankincense, and the White of an egg, being applied to the Eyes, helpeth them that are swollen with water, or have received any Blow upon them, if used with Wine. If a Bean be parted in two, the Skin being taken away, and laid on the Place where a Leech hath been bit, that bleedeth too much, stayeth the Bleeding. Bean-powder boiled to a Pultis with Wine and Vinegar, and some Oyl put thereto, easeth both Pains and Swellings of the Cods. The Husks boiled in Water to the Consumption of a third part thereof, stayeth a Lask : And the Ashes of the Husks, made up with old Hogs-grease, helpeth the old Pains, Con-  
tusions

tusions, and Wounds of the Sinews, the Sciatica and Gout. The Field Beans have all the afore mentioned Vertues as the Garden-Beans.

Beans eaten are extream windy Meat ; but if after the Dutch fashion, when they are half boiled you Husk them and then stew them (I cannot tell you how, for I never will Cook in all my Life) they are wholsome Food.

### French Beans

**Descript.]** **T**his French or Kidney-Bean, ariseth up at first but with one Stalk, which afterwards divided self into many Arms or Branches, but all so weak that if they not sustained with Sticks, or Poles, they will be fruitless upon the Ground. At several Places of these Branches grow forth foot Stalks, with every one of them three broad, round and pointed green Leaves at the end of them, towards the top whereof come forth divers Flowers made like unto Pease-blossoms, of the same Colour for the most part that the Fruit will be of ; that is to say white, yellow, red, blackish, or of a deeper purple, but white is most usual ; after which come long and slender flat Cods, some crooked, some strait, with a String as it were running down the back thereof, wherein are contained flattish round Fruit made in the fashion of a Kidney ; the Root is long, spreadeth with many Strings annexed to it, and perisheth every Year.

There is another sort of French-Beans commonly growing with us in this Land ; which is called the Scarlet flowered Bean.

This ariseth up with sundry Branches as the other, but runs up higher, to the length of Hop-poles, about which they grow twining but turning contrary to the Sun, having foot Stalks with three Leaves on each, as on the other ; The Flowers also are in fashion like the other ; many more set together, and of a most Oriental Scarlet Colour. The Beans are larger than the ordinary Kind, of a dead purple Colour turning black when it is ripe and dry. The Root perisheth also in Winter.

**Government and Vertues.]** These also belong to Dame Venus and being dried and beat to Powder, are as great strengtheners of the Kidnies as any are ; neither is there a better Remedy than it, a Dram at a time taken in White-wine, to

**Disury, Shortness of** prevent the Stone or to cleanse the Kidnies of Grave or Stoppage. The ordinary French beans are of an easy Digestion ; they move the Belly, provoke

**Breath. incite to** Urine, enlarge the Breast that is freightned with Shortness of Breath, engender Sperm, and incite to Venery. And

**Venery.**

and the scarlet coloured Beans, in Regard of the glorious beauty of their Colour, being set near a Quickset Hedge, will bravely adorn the *A gallant Shew.* me by climbing up thereon, so that they may be discerned a great Way, not without Admiration to the Beholders at a Distance. But they will go near to kill the Quicksets by cloathing them in Scarlet.

### Ladies Bed-straw.

Besides the common Name above-written, it is called Cheese-Rennet, because it performs the same Office ; as to Gallion, Pettinugget, and Maid-Hair ; and by some wild ofemary.

*Descript.*] This riseth up with divers small, brown and square right Stalks a yard high, or more ; sometimes Branches forth to divers Parts, full of Joints, and with divers very fine small leaves, at every one of them little or nothing rough at all : At the Tops of the Branches grow many long Tufts or Branches of small Flowers very thick set together, from the several Joints which consist of four Leaves a-piece, which smell somewhat strong but not unpleasant. The Seed is small and black like Poppy-seed, and for the most part joined together : The Root is reddish, with many small Threads fastned unto it, which takes strong hold of the Ground, and creepeth a little ; and the Branches running a little down to the Ground, take Root at the Joints thereof whereby it is easily encreased.

There is another sort of Ladies Bed-straw growing frequent in England, which beareth white Flowers as the other doth white ; but the Branches of this are so weak that unless it be sustained by the Hedges, or other things near which it groweth, will lie down to the Ground ; the Leaves a little bigger than the former, and the Flowers not so plentiful as those ; and the root hereof is also threddy and abiding.

*Place.*] They grow in Meadows and Pastures both wet and dry, and by the Hedges.

*Time.*] They flower in May for the most part, and the Seed ripe in July and August.

*Government and Vertues.*] They are both Herbs of Venus, and therefore strengthening the Parts both Internal and External which she rules. The Decoction of the former of those being drunk, is good to fret and break the Stone, provoke Urine, stayeth inward

ing Wounds, Burnings, galled Feet, Weariness, Stiffness of Joints, Scabs, Itch. ward Bleeding, and healeth inward Wounds. The Herb or Flower bruise and put up into the Nostrils, stayeth their Bleeding likewise: The Flower and Herbs being made into an Oyl, being set in the Sun and changed after it hath stood ten or twelve Days; or into an Ointment being boiled in *Axungia* or Sallet Oyl, with some Wax melted therein, after it is strained; either the Oyl made thereof, or the Ointment, doth help Burnings with Fire, or Scaldings with Water. The same also, or the Decoction of the Herb and Flower, is good to bathe the Feet of Travellers and Lacquies, whose long Running causeth Weariness and Stiffness in their Sinews and Joints: If the Decoction be used warm, and the Joint afterwards anointed with Ointment, it helpeth the dry Scabs and the Itch in Children; and the Herb with the White Flower is also very good for the Sinews, Arteries, and Joints, to comfort and strengthen them after Travel, Cold and Pains.

### Beets.

**O**F Beets there are two Sorts, which are best known generally, and whereof I shall principally treat at this time, viz. The white and red Beets, and their Virtues.

*Descript.*] The common white Beet hath many great Leaves next the Ground, somewhat large, and of a whitish green Colour: The Stalk is great, strong, and ribbed, bearing great Store of Leaves upon it, almost to the very Top of it: the Flowers grow in very long Tufts, small at the End, and turning down the Heads, which are small, pale, greenish, yellow Burs, giving a cornered prickly Seed. The Root is great, long, and hard, and when it hath given Seed, is of no Use at all.

The common Red Beet differeth not from the White, but only it is lesser, and the Leaves and the Roots and somewhat Red. The Leaves are differently Red, some only withered Stalks and Veins; some of a fresh Red, and others of dark Red. The Root thereof is red, spongy, and not used to be eaten.

*Government and Vertues.*] The Government of these two Sorts of Beets are far different; the Red Beet being under Saturn, and the White under Jupiter; therefore take the Vertues of them apart, each by himself; The White Beet doth much loosen the Be-

is of a cleansing, digesting Quality, and provoketh Urine. The Juice it openeth Obstructions both of the Liver and Spleen, and is good for Head-ach and Swimmings therein, and Turnings of the Brain; and is actual also against all venomous creatures; and applied unto the Temples, stayeth Inflammations in the Eyes; it helpeth Burnings, being used without Oyl, and with a little Allum put to it; it is good for St. Anthony's Fire. It is good also for all Wheals, Blisters, and Blanes in the Skin: The Herb boiled and laid upon Chilblains or Kibes helpeth them, The Decoction thereof in Water and some Vinegar. healeth the Itch, bathed therewith, and cleanseth the Head of Dandriff, and dry Scabs, and doth much good for fretting and burning Sores, Ulcers, and Cankers in the Head, Legs, or other Parts, and is much commended against Baldness, and shedding of Hair.

The Red-Beet is good to stay the body-flux, Womens Courses, and Whites, and to help the Yellow Indice: The Juice of the Root put into the Nostrils, purgeth the Head, and peth the Noise in the Ears, and Tooth-ach; the Juice snuffed up the Nose, helps a Stinking Breath, if the Cause lies in the Nose, as many times it doth, if any Bruise hath been there; as also want Smell coming that way.

*Flux, Terms, stops Whites, Stinking Breath, Noise in the Ears, Smell lost.*

### Water-Betony.

**CALLED** also Broom-Wort, and in Yorkshire, Bishops-Leaves.

**Descript.]** First of the Water-Betony, which riseth up with bare, hard, greenish Stalks, sometimes brown, set with broad green Leaves dented about the Edges with Notches somewhat resembling the Leaves of the Wood-Betony, but much larger, two the most part set at a Joint. The Flowers are many, set at the ends of the Stalks and Branches, being round bellied and open at the Brims, and divided into two Parts the uppermost being like a Cup, and the lowermost like a Lip hanging down, of a dark red Colour.

Colour, which passing away, there comes in their Places small round Heads, with small Points at the Ends, wherein lie small and brownish Seeds: The Root is a thick Bush of Strings and Shreds growing from the Head.

*Place.*] It groweth by the Ditches-side, Brooks, and other Water-courses, generally through this Land, and is seldom found far from the Water-side.

*Time.*] It flowereth about July, and the Seed is ripe in August.

*Government and Vertues.*] Water-Betony is an Herb of Jupiter in Cancer, and is appropriated more to Wounds and Hurts in the Breast than Wood-Betony, which follows. It is an excellent Remedy for sick Hogs. It is of a clearing Quality: The Leaves bruised and applied are effectual

*Ulcers.*

*Bruises.*

The distilled Water of the Leaves is used for the same Purposes; as also to bathe the Face and

*Sun burning.*

Hands spotted or blemished, or discoloured by Sun-burning.

I confess I do not much fancy distilled Waters, I mean such Waters as are distilled cold; some Vertues of the Herb they may happily have, (it were a strange thing else, but this I am confident of, that being distilled in a Pewter Still, as the vulgar and apish Fashion is, both Chymical Oyl and Salt is left behind, unless you burn them, and then all is spoiled, Water and all, which was good for a little as can be by such a Distillation. You have the true way of Distillation in my Translation of the London Dispensatory.

### Wood-Betony.

*Descrip.*] **C**ommon or Wood-Betony hath many Leaves rising from the Root, which are somewhat broad and round at the End, roundly dented about the Edges, standing upon long Foot stalks, from among which arise up small, square, slender,

upright hairy Stalks, with some Leaves thereon, two a piece the Joints, smaller than the lower, whereon are set several spind Heads of Flowers like Lavender, but thicker and shorter for the most part, and of a redish or purple Colour, spotted with white Spots both in the upper and lower Part. The Seeds being contained within the Husks that holds the Flowers, are blackish, somewhat long and uneven. The Roots are many white thready strings; the Stalk perisheth, but the Roots, with some Leaves thereon, abide all the Winter. The whole Plant is something small. Place.] It groweth frequently in Woods, and delighteth in shady Places.

Time.] And it floweth in July; after which the Seed is quickly ripe, yet in its prime in May.

Government and Virtues.] The Herb is appropriated to the Planet Jupiter and the Sign Aries. *Antonius Musa*, Physician to the Emperor *Augustus Cæsar*, wrote a peculiar Book of the Vertues of this Herb; and amongst other Vertues, of it, That it preserveth the Liver and Bodies of Men

from the Danger or Epidemical Diseases, and from Witchcrafts also; it is found by daily Experience to be good for many Diseases; it helpeth the Loath, or cannot Digest of Meat, those that have weak Stomachs, or sour Belchings, or continual sickness in their Stomachs, using it fairly either green or dry; either the Root, or the Flowers in Broth, or Meat, or made into Confection, Syrup, Water, Electuary or Order, as every one may best frame themselves unto, or as the Time or Season requireth; taken any of the afore-said ways, it helpeth the Jaundice, Falling-sickness, the Palsie, Convulsions, or shrinking of the Sinews, the Gout, and those that are inclined to the same, those that have continual sickness in their Heads, altho' it turneth to the Brain. The Powder mixed with Honey, is no less available for Cures of Coughs or Colics, Wheez-

*Epidemical Diseases, Witchcraft, Appetite, Indigestion, Stomach, Belching, Jaundice, Falling-sickness, Palsie, Convulsion, shrinking of the Sinews, Gout, Dropsie, Phrensie, Cough, Colds, Shortness of Breath, Agues, for all sorts of Eyes, Worms, Obstructions of the Liver and Spleen, Stitches, Pains in the Back and Belly, Terms provoked, Mother, Childbirth, Stone, Tooth-ach, venomous Beasts, mad Dogs, Weariness, Bleeding at the Mouth and Nose, Pissing and Spitting of*

*Blood, Rupture, Bruising or Shortness of Breath Distillations of thin Rheum upon the Lungs, which causeth Consumptions and Sinews, old Ulcers, Fistulaes, Boiles The Decoction made with Mead, and a little Penny-royal, is good for those Ears.*

that are troubled with putrid Agues whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the Blood and Humours, that by falling into the Eyes, do hinder the Sight: The Decoction thereof made in Wine, and taken, killeth the Worms in the Belly openeth Obstructions both of the Spleen and Liver; cureth Stitches, and the Pains in the Back or Sides, the Torment and griping Pains of the Bowels, and the Wind Cholick and mix'd with Honey purgeth the Belly, helpeth to bring down Womens Courses; and is of special Use for those that are troubled with the falling down of the Mother, and Pains thereof, and causeth an easie and speedy Delivery of Women in Child-birth; It helpeth also to break and expel the Stone, either in the Bladder or Kidneys. The Decoction with Wine gargled in the Mouth, easeth the Tooth-ach. It is commended against the Stinging or Biting of venomous Serpents, or mad Dogs, being used inwardly, and applied outwardly to the Place. A Dram of the Powder of Betony, taken with a little Honey in some Vinegar, doth wonderfully refresh those that are over-wearied by Travel: It stayeth Bleeding at the Mouth or Nose, and helpeth those that Piss or Spit Blood, and those that are Bruised, or have a Rupture, and is good for such as are bruised by any Fall, or otherwise. The green Herbs bruised, or the Juice applied to any inward Hurt, or outward green Wound in the Head or Body, will quickly heal and close it up; as also any Veins or Sinews that are cut; and will draw forth any broken Bone or Splinter of Thorn, or other things gotten into the Flesh. It is no less profitable for old Sores or filthy Ulcers; yea, though they be fistulous and hollow: But some do advise to put a little Salt to this Purpose, being applied with a little Hogs-Lard. It helpeth a Plague Sore, and other Boils and Pusshes: The Fumes of the Decoction while it is warm, received by a Funnel into the Ears, easeth the Pains of them, destroyeth the Worms, and cureth the running Sores in them. The Juice dropped into them, doth the same, The Root

tony is displeasing both to the Taste and Stomach; (where-  
the Leaves and Flowers, by their sweet and spicy Taste,  
comfortable both in Meat and Medicine.

These are some of the many Vertues *Antony Muse*. an expert  
physician (for it was not the Practice of *Octavius Caesar* to keep  
ols about him) appropriates to Betony, it is a very preci-  
s Herb, that is certain. and most fitting to be kept in a  
an's House, both in Syrup, Conserve, Oyl, Ointment and  
lister. The Flowers are usually Conserved.

### The Beach-tree.

N treating of this tree, you must understand that I mean  
the great Mast-Beech; which is by way of Distinction from  
it other small rough sort, called in *Sussex* the smaller Beech,  
in *Essex* Horn-beam.

[suppose it is needless to describe it, being already too well  
own to my Countrymen.

Place.] It groweth in Woods amongst Oaks and other Trees  
d in Parks, Forests and Chases to feed Deer; and in other  
aces to fatten Swine.

Time.] It bloometh in the End of *April*, or Beginning of *May*,  
the most Part, and the Fruit is ripe in *September*.

Government and Vertues.] It is a Plant of *Saturn*, and there-  
e performs his Qualities and Properties in these Operations:  
e Leaves of the Beech-tree, are Cooling and Binding, and  
refore good to be applied to hot

ellings to discuss them: The Nuts do Cools, Binds, hot  
ch nourish such Breasts as feed there- Swellings, Scurf,

The Water that is found in the Scabs, Tetters.

low Places of decaying Beeches, will  
e both Man and Beast of any Scurf, Scab, or running Tet-  
s, if they be washed therewith, you may boil the Leaves in  
a Pulvis, or make an Ointment of them, when time of  
ur serves.

berries, called by some *Whorts* and *Whortle-Berries*.

Script. **O**F these I shall only speak of two sorts which  
are commonly in England, viz. The Black and  
! Bilberries. And first of the Black,  
The small Bush creepeth a long upon the Ground scarce rising  
a Yard high, with divers small dark green Leaves set ou  
the

the green Branches, not always one against the other, and little dented about the Edges: At the Foot of the Leaves cometh forth small, hollow, pale, bluish-coloured Flowers, the Brims ending in five Points, with a reddish Thread in the Middle, which pass into small round Berries of the Bigness and Colour of Juniper Berries, but of a purple, sweetish, sharp Taste; the Juice of them giveth a purplish Colour in their Hands and Lips that eat and handle them, especially if they break them. The Root groweth aslope under Ground, shooting forth in sundry Places as it creepeth. This loseth its Leaves in Winter.

The Red Bilberries or Whortle-Bush, riseth up like the former, having sundry hard Leaves, like the Box-tree Leaves, green and round pointed, standing on the several Branches at the Top whereof only, and not from the Sides, as in the former, come forth divers round Flowers, of a pale red Colour; after which succeed round, reddish, sappy Berries, when they are ripe of a sharp Taste. The Root runneth in the Ground, as in the former, but the Leaves of this abide all the Winter.

Place.] The first groweth in Forrests, on the Heaths, and such like barren Places: The Red grows in the Northern Parts of this Land, as Lancashire, Yorkshire, &c.

Time.] They Flower in March and April, and the Fruit of the Black is ripe in June and July.

Government and Vertues.] They are under the Dominion of Jupiter. It is a pity they are used no more in Physick than

they are. The Black Bilberries are good in hot Agues, and to cool the Heat of the Liver and Stomach; the Red do somewhat bind the Belly, and stay Vomittings and Loathings; the Juice of the Berries made in a Syrup, or the Pulp made into a Conserve with Sugar, it is good for the Purposes aforesaid, as also for an old Cough, or an Ulcer in the Lungs, or other Diseases therein. The Red Whorts are more Binding and stop Womens Courses, Spitting of Blood, or any other Flux of Blood or Humours, being used as well outwardly as inwardly.

### Boisfoyl, or Twablade.

Descript.] **T**HIS small Herb, from a Root somewhat sweet shooting downwards many long Strings, riseth up a round green Stalk, bare or naked next the Ground for an Inch, two or three, to the Middle thereof, as it is in Age or Growth.

growth; as also from the middle upward to the Flowers, having  
ly two broad Plantane like Leaves (but whiter) set at the  
iddle of the Stalk one against another, compasseth it round  
the bottom of them.

Place.] It is an usual Inhabitant in Woods, Copfes and in  
any other Places in this Land.

There is another sort groweth in wet Grounds and Marshes,  
hich is somewhat different from the former: It is a smaller  
ant, and greener, having sometimes three Leaves; The  
like of the Flowers is less than the former, and the Roots  
this do run or creep in the Ground.

They are much and often used by  
any to good purpose for Wounds, Wounds, Ruptures,  
oth green and old, and to consoli-  
te or knit Ruptures; and well it may, being a Plant of  
turn.

### The Birch-Tree.

descript.] **T**His groweth a goodly tall straight Tree, fraught  
with many Boughs, and slender Branches bending  
wnward; the old being covered with a discoloured chapped  
ark, and the younger being browner by much: The Leaves at the  
st breaking out are crumpled, and afterwards like the Beech  
eaves, but smaller and greener, and dented about the Edges. It  
areth small short Catskins, somewhat like those of the Hazel  
ut-tree, which abide on the Branches a long time, until grow-  
g ripe, they fall on the Ground, and their Seed with them.

Place.] It usually groweth in Woods.

Government and Vertues.] It is a Tree of Venus; the Juice  
f the Leaves, while they are young, or the distilled Water  
f them, or the Water that comes from the Tree being  
pared with an Auger, and distilled afterwards; any of  
ese being drunk for some Days together, is available to  
reak the Stone in the Kidney and  
ladder, and is good also to wash Stone. Sore Mouths.  
ore Mouths.

### Birds-foot.

**T**HIS small Herb groweth not above a Span high, with  
many Branches spread upon the Ground, set with ma-  
y Wings of small Leaves. The Flowers grow upon the  
ranches, many small ones of a pale yellow Colour being  
t a head together, which afterwards turned into small

jointed Cods, well resembling the Claws of small Birds whence it took its Name.

There is another sort of Birds-foot in all Things like the former, but a little larger : The Flower of a pale whitish red Colour, and the Cods distinct by Joints like the other but a little more crooked ; and the Roots do carry many small white Knots or Kernels amongst the Strings.

*Place.*] These grows on Heaths, and many open untill the Places of this Land.

*Time* ] They Flower and Seed in the end of Summer.

*Government and Vertues.*] They belong to *Saturn*, and are of a drying binding Quality, and thereby very good to be used in Wound-drinks ; as also to be

*Dry, Bind, Wounds,* ply outwardly for the same Purpose. *Stone, Rupture.* But the latter Birds-foot is found by ex-

perience to break the Stones in the Back or Kidneys, and drive them forth, if the Decoction thereof be taken ; and it wonderfully helpeth the Rupture, being taken inwardly, and outwardly applied to the Place.

All Salts have best Operation upon the Stone, as Ointments and Plaisters have upon Wounds ; and therefore you may make a Salt of this for the Stone ; the way how to do so, may be found in my Translation of the *London Dispensatory* ; and may be I may give you again in plainer Terms, at the latter end of this Book.

### Bishops-Weeds.

**B**ESIDES the common Name *Bishops-weed*, it's usually known by the Greek name *Ammi* and *Amnios* ; some call it *Aethiopian Cummin-Seed*, and others *Cummin-Royal* as also *Herb-William*, and *Bull-Wort*.

*Descript.*] Common Bishops-weed riseth up with a round straight Stalk, sometimes as high as a Man, but usually three or four Foot high, beset with divers small, long, and somewhat broad Leaves, cut in some places, and dented about the Edges growing one against another, of a dark green Colour, having sundry Branches on them, and at the top small Umbles of white Flowers, which turn into small brown Seeds little bigger than Parsley-Seed of a quick hot Scent and Taste : The Root is white and stringy, perishing yearly after it hath Seeded, and usually riseth again of its own Sowing.

*Place* ] It groweth Wild in many Places in England and Wales, as between Green-heath and Gravesend.

Government and Vertues.] It is hot and dry in the third Degree of a bitter Taste, and somewhat sharp withal ; it provokes Lust to purpose : I suppose Venus owns it. It digesteth Humours, provoketh Urine and Womens Courses, dissolveth Wind, and being taken in Wine it easeth pain and griping in the Bowels, and is good against the biting of Serpents ; it is used to good Effect in those Medicines which are given to hinder the poisonous Operation of *Cantharides* upon the Passage of the Urine ; being mixed with Honey and applied to black and blue Marks, coming of Blows or Bruises, it takes them away ; and being drunk or outwardly applied, it abateth an high Colour, and makes it pale ; and the Fumes thereof taken with Rosin or Raisins, cleanse the Mother.

*Disury, Terms provoke, Wind-Cholick, Venomous Beasts, Cantharides, black and blue Spots, high Colour, Mother.*

**Bistort, or Snakeweed.**

It is called *Snakeweed, English Serpentary, Dragon-wort, Osterick, and Passions.*

Descript.] This hath a thick short knobbed Root, blackish without, and somewhat reddish within, a little crooked or turned together, of a harsh astringent Taste, with divers black Threads hanging there, from whence spring up every Year divers Leaves standing upon long foot Stalks being somewhat broad and long like Dock-Leaf, and a little pointed at the Ends, but that it is of a blueish green Colour on the upper Side, and of an Ash-colour on the lower, and a little purplish underneath, with divers Veins therein, from among which rise up divers small and slender Stalks two foot high, and almost naked and without Leaves, or with very few, and narrow, bearing a spikey bush of pale coloured Flowers ; which being past, there abideth small Seed, somewhat like unto Correl Seed, but greater.

There are other sorts of Bistort growing in this Land, but smaller, both in Height, Root and Stalks, and especially in the Leaves. The Root blackish without, and somewhat whitish within ; of an austere binding Taste as the former.

Place.] They grow in shadowy moist Woods, and at the foot of the Hills, but are chiefly nourished up in Gardens. The narrow Leaved Bistort groweth in the North, in Lancashire, Yorkshire, and Cumberland.

Time.] They flower about the End of May, and the Seed is ready about the Beginning of July.

*Government and Vertues.* It belongs to *Saturn*, and is in Operation Cold and Dry ; both the Leaves and Roots have a powerful Faculty to resist all Poyson. The Root in Powder taken in Drink, expelleth the Venom of the Plague, the Small-pox, Measles, Purples, or any other infectious Disease, driving it out by Sweating. The Root in Powder, the Decoction thereof in Wine being drunk, stayeth all manner of inward Bleeding or Spitting of Blood, and any Fluxes in the Body of either Man or Woman, or Vomiting. It is also very available against Ruptures, or Burstings, or all Bruises of Falls, dissolving the congealed Blood, and easing the Pains that happen thereupon ; it also helpeth the Jaundices.

*Poyson, Plague, Small-Pox, Measles, Purples, Epidemical Diseases, inward Bleeding, Flux, Vomiting, Ruptures, Jaundice, Venomous Beests, Ulcers, Abortion, Worms, Diabetes, Running of the Reins, Wounds, Bleeding, Matrix, Terms stops, Tooth-ach, Head, Cankers, Gums, Inflammations, Almonds of the Ears.*

The Water distilled from both Leaves and Roots, is a singular Remedy to wash any Place bitten or stung by any venomous Creature ; as also for any of the Purposes before spoken of, and is very good to wash any running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindreth Abortion or Miscarriage in Child-bearing. The Leaves also kill the Worms in Children, and is a great Help to them that cannot keep their Water ; if the Juice of Plantane be added thereto, and outwardly applied, much helpeth the Gonorrhea, or running of the Reins. A Dram of the Powder of the Root taken in Water thereof, wherein some red hot Iron or Steel hath been quenched, is also an admirable help thereto, so as the Body be first prepared and purged from the offensive Humours. The Leaves, Seed, or Roots, are all very good in Decoctions, Drinks or Lotions, for inward or outward Wounds, or other Sores. And the Powder strewed upon any Cut or Wound in a Vein, stayeth the immoderate Bleeding thereof. The Decoction of the Root in Water, whereupon some Pomgranate Pills and Flowers are added, injected into the Matrix, stayeth the access of Humours to the Ulcers thereof, and bringeth it to its right Place, being fallen down, and stayeth the immoderate Flux of the Courles. The Root thereof with Pellitory of Spain, and burnt Allum, of each a little

Quantity

Quantity, beaten small and made into Paste, with some Honey, and a little Piece thereof put into an hollow Tooth, or held between the Teeth, if there be no Hollownets in them stayeth the Defluction of Rheum upon them, which causeth Pains, and helps to cleanse the Head, and void much offensive Water. The distilled Water is very effectual to wash Sores or Cankers in the Nose, or any other Part; if the Powder of the Root be applied thereunto afterwards. It is good also to fasten the Gums, and to take away the Heat and Inflammations that happen in the Jaws, Almonds of the Throat, or Mouth, if the Decoction of the Leaves, Roots, or Seeds used, or the Juice of them; but the Roots are most effectual to the Purposes aforesaid.

### One-Blade.

**Descript.]** *THIS small Plant never beareth more than one Leaf, but only when it riseth up with its Stalk, which thereon beareth another, and seldom more, which are of a blueish green Colour broad at the Bottom, and pointed with many Ribs or Veins like Plantane; At the Top of the Stalk grow many small Flowers Star fashion, smelling something sweet; after which come small reddish Berries when they are ripe: The Root small, of the Bigness of a Rush, lying and creeping under the upper Crust of the Earth, shooting forth in divers Places.*

**Place.]** It grows in moist, shadowy, grassy Places of Woods, in many Places of this Realm.

**Time.]** It flowereth about May, and the Berries be ripe in June, and then quickly perisheth, until the next Year it springeth from the same again.

**Government and Vertues.]** It is an Herb of the Sun, and therefore Cordial; half a Dram, or a Dram at most of the Roots hereof, in Powder, taken in Wine and Vinegar, of each a like Quantity, and the Party presently laid to sweat, is held to be a sovereign Remedy for those that are infected with the Plague and have a Sore upon them, by expelling the Poyson and defend- *Pestilence, Wounds* ing the Heart and Spirits from dan- *Nerves, Sinews,* ger. It is also accounted a sin- *Hurts.* gular good Wound Herb, and therefore used with other Herbs in making such Balms as are necessary for the Curing of Wounds, either green

or old, and especially if the Nerves or Sinews be hurt.

### The Bramble, or Black-Berry-Bush.

**I**T is so well known, that it needeth no Description. The Vertues thereof are as followeth.

*Government and Vertues.*] It is a Plant of *Venus* and *Aries*. You shall have some Directions at the latter End of the Book for the gathering of all Herbs and Plants, &c. If any ask the Reason why *Venus* is so prickly? Tell them, 'tis because she is in the House of *Mars*. The Buds, Leaves, and

*Ulcers, Sores, Quinsies, Wounds, Flux, Bloody-flux, Spitting Blood, Gravel, Stone, Secrets, Terms stopt, Poyson, Venomous Beasts.*

Branches, while they are green, are of a good Use in the Ulcers and putrid Sores of the Mouth and Throat, and for the Quinsie, and likewise to heal other fresh Wounds and Sores; but the Flowers and Fruit unripe are very binding and so profitable for the Bloody-flux, Lasks, and are a fit Remedy for Spitting of Blood. Either the Decoction or

Powder of the Root being taken, is good to break or drive forth Gravel, and the Stone in the Reins and Kidneys. The Leaves and Brambles as well green as dry, are excellent good Lotions for Sores in the Mouth, or Secret Parts. The Decoction of them, and of the dry'd Branches, do much bind the Belly, and are good for too much flowing of Womens Courses; the Berries of the Flowers are a powerful Remedy against the Poyson of the most Venomous Serpents; as well

*Fundament, Piles, Fevers, Head, Eyes Itch, Scabby Heads.*


drunk as outwardly applied, helpeth the Sores of the Fundament, and the Piles. the Juice of the Berries mixed with the Juice of Mulberries, do bind more effectually, and help fretting and eating

Sores and Ulcers wheresoever. The distilled Water of the Branches, Leaves and Flowers, or of the Fruit, is very pleasant in Taste, and very effectual in Fevers, and hot Distempers of the Body, Head, Eyes, and other Parts, and for all the Purposes aforesaid. The Leaves boiled in Lie, and the Head washed therewith, healeth the Itch, and the running Sores thereof, and maketh the Hair black. The Powder of the Leaves strowed on Cankers and running Ulcers, wonderfully helps to heal them. Some use to condensate the Juice of the Leaves, and some the Juice of

the

the Berries, to keep for their Use all the Year, for the Purposes aforeſaid.

# Blites.

Deſcript.]  *F* theſe there are two Sorts commonly known, viz. *White* and *Red*. The *White* hath Leaves ſomewhat like unto *Beets*, but ſmaller, rounder, and of a whiſh green Colour, every one ſtanding upon a ſmall long Footſtalk; the Stalk riſeth up two or three Foot high, with ſuch like Leaves thereon; the Flowers grow at the top in long round Tufts or Cluſters, wherein are contained ſmall and round Seeds; the Root is very full of Threads or Strings.

The *Red Blite* is in all things like the *White*, but that his Leaves and tufted Heads are exceeding red at firſt and after turn more purpliſh.

There are other Kind of *Blites* which grow wild differing from the two former Sorts but little, but only the wild are ſmaller in every part.

Place.] They grow in Gardens, and wild in many Places in this Land.

Time.] They Seed in *Auguſt* and *September*.

Government and Vertues.] They are all of them cooling, drying, and binding, ſerving to reſtrain the Fluxes of Blood in either Man or Woman eſpecially the *Red*; which alſo ſtayeth the over-flow. *Reds* and *Whites* in ing of Womens *Reds*, as the *White Women*.

*Blites* ſtayeth the *Whites* in Women: It is an excellent Secret; you cannot well fail in the Uſe: They are all under the Dominion of *Venus*.

There is another Sort of wild *Blites* like the other wild Kinds, but have long and ſpike Heads of greeniſh Seeds, ſeeming by the thick ſetting together to be all Seed.

This Sort the Fiſhes are delighted with, and it is a good and uſual Bait; for Fiſhes will bite faſt enough at them, if you have but wit enough to catch them when they bite.

## Borrage and Bugloss.

**T**H E S E are so well known to the Inhabitants in every Garden, that I hold it needless to describe them.

To these I may add a third Sort, which is not so common, nor yet so well known, and therefore I shall give you its Name and Description.

It is called *Langue de Beef*; but why then should they call one Herb by the Name *Bugloss*, and another by the Name *Langue de Beef*; it's some Question to me, seeing one signifies *Ox-Tongue* in Greek, and the other signifies the same in French.

*Descript.]* The Leaves whereof are smaller than those of Bugloss, but much rougher; the Stalks arising up about a Foot and an Half high, and is most commonly of a red Colour; the Flowers stand in scaly rough Heads, being composed of many small yellow Flowers, not much unlike to those of Dandelyon, and the Seed flyeth away in Down, as that doth; you may easily know the Flowers by their Taste, for they are very bitter

*Place.]* It groweth wild in many Places of this Land, and may be plentifully found near London, as between Rotherbith and Deptford, by the Ditch-sides. Its Virtues are held to be the same with Borrage and Bugloss, only this is somewhat hotter.

*Time.]* They flower in June and July, and the Seed is ripe shortly after.

*Government and Vertues.]* They are all three Herbs of Jupiter, and under Leo, all great Cordials, great strengtheners of Nature. They are very cordial. The Leaves and Roots are to very good Purpose used in Fevers, Pestilence, Poyson, venomous Beasts, Milk in Nurses, melancholy, ill Blood, Yellow Jaundice, Itch, Ring Worms, Tetters, Scabs, Weakness by long Sickness, Consumption Swooning, Inflammations, putrid and pestilential Fevers, to defend the Heart, and help to resist and expel the Poyson, or the Venom of other Creatures; the Seed is of the like effects; and the Seed and Leaves are good to encrease Milk in Womens Breasts; the Leaves, Flowers, and Seed, all or any of them, are good to expel Pensiveness and Melancholy; it helpeth to clarify the Blood, and mitigate Heat in Fevers. The Juice made into a Syrup, prevail-

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eth much to all the Purposes aforesaid, *Ulcers, sore Mouth* and it put with other cooling, o. *and Throat, Cough,* pening and cleansing Herbs to open *Flegm.* Obstructions, and help the Yellow Jaundice, and mixed with Fumitory, to cool cleanse and temper the Blood thereby; it helpeth the Itch, Ring-worms and Tetter, or other spreading Scabs or Sores. The Flowers candied or made into a Conserve, are helping in the former Causes, but are chiefly used as a Cordial, and are good for those that are weak in long Sickness, and to comfort the Heart and Spirits of those that are in a Consumption, or troubled with often Swoonings, or Passions of the Heart: The distilled Water is no less effectual to all the Purposes aforesaid, and helpeth the Redness and Inflammations of the Eyes, being washed therewith, the dried Herb is never used but the green; yet the Ashes thereof boiled in Mead or honied Water, is available against the Inflammation and Ulcers in the Mouth or Throat to wash and gargle it therewith, the Roots of *Bugloss* are effectual, being made into a licking Electuary for the Cough, and to condense thick Flegm, and the Rheumatick distillations upon the Lungs.

### Blue Bottle.

**I**T is called *Syamus*, I suppose from the Colour of it; *Hurt-sicle* because it turns the Edge of the Sickles that reap the Corn; *Blue-blow*, *Corn-flower*, and *Blue Bottle*.

*Descrip.*] I shall only describe that which is commonest, and in my Opinion most useful; its Leaves spread upon the Ground, being of a whitish green Colour, somewhat on the Edges like those of *Corn scabious*, amongst which riseth up a Stalk divided into divers Branches, beset with long Leaves of a greenish Colour, either but very little indented, or not at all; the Flowers are of a blue Colour, from whence it took its Name, consisting of an innumerable Company of small Flowers, set in a scaly Head not much unlike those of *Knap-weed*: The Seed is smooth, bright and shining, wrapped up in a woolly Mantle: The Root perisbeth every Year.

*Place.*] They grow in Corn-fields, amongst all sorts of Corn, Pease, Beans, and Tares excepted) if you please to take them up from thence, and transplant them in your Garden, especially towards the Full of the Moon, they will grow more double than they are, and many times change Colour.

*Time.*] They flower from the Beginning of May, to the End of Harvest.

*Government and Vertues.*] As they are naturally cold, dry, and binding, they are so under the Dominion of Saturn, the Powder or dried Leaves of the *Blue-bottle* or *Corn-flower*, is given with good Success to those that are bruised by a Fall, or have broken a Vein inwardly, and void much Blood at the Mouth; being taken in the Water of *Plantane*, *Horsetail*, or the greater *Comfry*, it is a Remedy against the Poyson of the Scorpion, and resisteth all

*Bruises, broken Veins, Poyson, Plague, Epidemical Diseases, Wounds, Ulcers, Inflammations in the Eyes.* Venoms and Poyson. The Seed or Leaves taken in Wine is very good against the Plague, and all Infectious Diseases, and is very good in Pestilential Fevers. The Juice put into fresh or green Wounds, doth quickly solder up the Lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth. The Juice dropped into the Eyes, takes away the Heat and Inflammation of them. The distilled Water of this Herb, hath the same Properties, and may be used for the effects aforesaid.

### Brank Urfine.

**B**Esides the common Name *Brank Urfine*, it is also called *Bears-breech*, and *Acanthus*, tho' I think our English Names to be more proper; for the Greek Word *Acanthos*, signifies any Thistle whatsoever.

*Descript.*] This Thistle shooteth forth very many large, thick, sad green, smooth Leaves upon the Ground, with a very thick and juicy middle Rib; the Leaves are parted with sundry deep gashes on the Edges, the Leaves remain a long time before any Stalk appears, afterwards riseth up a reasonable big Stalk, three or four Foot high, and bravely deckt with Flowers from the middle of the Stalk upwards; for on the lower part of the Stalk there is neither Branch nor Leaf: The Flowers are hooded and gaping, being white in Colour, and standing in brownish Husks, with a long small undivided Leaf under each Leaf; they seldom Seed in our Country. Its Roots are many, great and thick, blackish without, and whitish within, full of a clammy Sap; apiece of them, if you set in the Garden, and defend them from the first Winters cold will grow and flourish.

*Place.*] They are only nursed up in Gardens in England where they will grow very well.

*Time.*]

*Time.*] It flowereth in June and July.

*Government and Vertues.*] It is an excellent Plant under the Dominion of the *Moon*; I cold wish such as are studious, would labour to keep it in their Gardens. The Leaves being boiled and used in Glysters, are excellent good to mollify the Belly, and make the Passages slippery. The Decoction drunk inwardly, is excellent good for the Bloody-flux. The Leaves being bruised and rather boiled and applied like a Pulvis, are exceeding good to unite broken Bones, and strengthen Joints that have been put out. The Decoction of either Leaves or Roots being drunk, and the Decoction of Leaves applied to the Place, is excellent good for the King's-evil that is broken and runneth; for by the Influence of the *Moon*, it reviveth the Ends of the Veins which are relaxed: There is scarce a better Remedy to be applied to such places as are burnt with Fire than this is, for it fetches out the Fire and heals it without a Scar. This is an excellent Remedy for such as are Bursten, being either taken inwardly, or applied to the Place. In like manner used, it helps the Cramp and the Gout. It is excellent good in Hestick Fevers, and restores Radical Moisture to such as are in Consumptions.

*Bloody-flux, Fractures, Dislocations, King's evil, Burnings, Ruptures, Cramp, Gout, Dysury, Hestick Fever, Radical Moisture.*

### Briony, or Wild Vine.

**I**T is called Wild, and Wood Vine, Tamus or Ladies Seal. The white is called White Vine by some; and the black, Black Vine

*Descript.*] The common White Briony groweth ramping upon the Hedges sending forth many long, rough, very tender Branches at the beginning, with many very rough broad Leaves thereon, cut (for the most part) into five Partitions, into form very like a Vine Leaf, but smaller, rough, and of a whitish or hoary green Colour, spreading very far spreading and twining with his small Claspers (that come forth at the Joints with the Leaves) very far on whatsoever standeth next to it. At the several Joints also (especially towards the top of the Branches) cometh forth along Stalk bearing many whitish Flowers together, on a long Tuft, consisting of five small Leaves apiece, laid open like a Star, after which come the Berries separated one from another, more than

*a Cluster of Grapes, green at the first, and very red when they are thorough ripe, of no good Scent, but of a most loathsome Taste provoking Vomit. The Root groweth to be exceeding great, with many long Twines or Branches growing from it, of a pale whitish Colour on the outside, and more white within, and of a sharp bitter, loathsome Taste.*

*Place.]* It groweth on Banks, or under Hedges, through this Land; the Roots lie very deep.

*Time.]* It flowereth in July and August, some earlier, and some later than the other.

*Government and Vertues.]* They are furious Martial Planets: The Root of Briony purges the Belly, with great Violence, troubling the Stomach and burning the Liver, and therefore not rashly to be taken; but being corrected, is very

*Falling sickness Ver-  
tigo, Flegm, Palsies,  
Convulsion, Cramps,  
Stitches, Dropshes,  
Gravel, Stone, Ob-  
structions. Womb, Mo-  
ther, dead Child, Af-  
ter birth, Cough,  
shortness of Breath,  
Sores, Cankers,  
Gangreens, Tetters,  
Ring-Worms, black  
Spots, Freckles,  
Morphew, Leprosie,  
broken Bones, Splin-  
ters, Thorn Whit-  
lows, or Nail Wheals,  
or Andicoms.*

profitable for the Diseases of the Head, as Falling-sickness, Giddiness, and Swimmings, by drawing away much Flegm and Rheumatick Humours that oppress the Head, as also the Joints and Sinews; and is therefore good for Palsies. Convulsions, Cramps and Stitches in the Sides, and the Dropshie, and in provoking Urine, it cleanseth the Reins and Kidneys from Gravel and Stone, by opening the Obstructions of the Spleen, and consumeth the hardness and swelling thereof. The Decoction of the Root in Wine drunk once a Week at going to Bed, cleanseth the Mother, and helpeth the rising thereof, expelleth the dead Child for fear of Abortion; a Dram of the Root in Powder taken in White-wine bringeth down their Courses. An Electuary made of the

Roots and Honey, doth mightily cleanse the Chest of rotten Flegm, and wonderfully help an old strong Cough, those that are troubled with shortness of Breath, and is very good for them that are bruised inwardly, to help to expel the clotted or congealed Blood. The Leaves, Fruit and Root, do cleanse old and filthy Sores, are good against all fretting and running Cankers, Gangreens and Tetters, and therefore the Berries are by some Country

People

People called Tetter-berries. The Root cleanseth the Skin wonderfully from all black and blue Spots, Freckles, Morpew, Leprosie, foul Scars, or other Deformity whatsoever: As also all running Scabs and Manginess are healed by the Powder of the dried Root, or the Juice thereof, but especially by the fine white hardned Juice. The distilled Water of the Root, worketh the same Effects, but more weakly, the Root bruised and applied of it self to any Place where the Bones are broken, helpeth to draw them forth, as also Splinters and Thorns in the Flesh; and being applied with a little Wine mixed therewith, it breaketh Boiles and helpeth Whitlows on the Joints.

For all these latter, beginning at Sores, Cankers, &c. apply it outwardly, and take my Advice along with you: You shall find in my *Translation of the London Dispensatory*, among the Preparations at the latter End, a Medicine called *Facula Brionia*; take that and use it, you have the way there now to make it, and mix it with a little Hogs grease, or other convenient Ointment, and use it at your Need.

As for the former Diseases, where it must be taken inwardly, it purgeth very violently, and needs an abler Hand to correct it than most Country People have, therefore it is a better Way for them in my Opinion, to let the Simple alone, and take the compound Water of it mentioned in my *Dispensatory*, and that it is far more safe, being wisely corrected.

### Brook-lime, or Water-pimpernel.

Descript.] **T**HIS sendeth forth, from a creeping Root that shooteth forth Strings at every Joint as it runneth divers and sundry green Stalks, round and sappy, with some Branches on them, somewhat broad, round, deep, green, and thick Leaves set by Couples thereon; from the bosom whereof shoot forth long Foot Stalks, with sundry small blue Flowers in them, that consist of five small round pointed Leaves piece.

There is another sort nothing differing from the former, but that it is greater, and the Flowers of a paler green colour.

Place.] They grow in small standing Waters, and usually near Water-creeses.

Time.

*Time.*] And flower in *June* and *July*, giving Seed the next Month after.

*Government and Vertues.*] It is a hot and biting Martia Plant. Brooklime and Watercresses, are generally used together in Diet drink, with other things serving to purge the Blood and Body from all ill Humours that would destroy Health, and are helpful to the Scurvy. They do all provoke Urine and help to break the Stone, and pass it away; they procure Womens Courses, and expel the dead Child. Being fried with Butter and Vinegar, and applied warm, it helpeth all manner of Tumours, or Swellings, and Inflammations.

Such Drinks ought to be made of sundry Herbs, according to the Malady offending, I shall give a plain and easie Rule at the latter End of this Book.

### Butchers-Broom.

**I**T is called *Ruscus*, and *Bruscus*, *Knee-holm*, *Knee-holy*, *Knee-bulver*, and *Pettigree*.

*Descript.*] The first Shoots that sprout from the Root of Butchers Broom, are thick, whitish, and short, somewhat like those of Asparagus, but greater; they rising up to be a Foot and Half high, are spread into divers Branches, green, and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard Leaves, and prickly, pointed at the End, of a dark green Colour, two for the most part set at a Place, very close and near together; about the Middle of the Leaf on the Back and lower Side from the Middle Rib, breaketh forth a small whitish green Flower, consisting of four small round pointed Leaves, standing upon little or no Foot-stalk, and in the Place whereof cometh a small round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round Seeds contained. The Root is thick, white, and great at the Head, and from thence sendeth forth divers thick, white, long, tough Strings.

*Place.*] It groweth in Coples, and upon Heaths and waste Grounds, and oftentimes under or near the Holly-Bushes.

*Time.*

*Time.*] It shooteth forth its young Buds in the Spring, and the Berries are ripe in about *September*. The Branches of leaves abiding green all the Winter.

*Government and Vertues.*] 'Tis a Plant of *Mars*, being of a vallant cleansing and opening Quality. The Decoction of the Root made with Wine, openeth Obstruction, provoketh Urine, helpeth to expel Gravel and the Stone, the Stranguary and Womens Courses, as also the Yellow Jaundice, and the Head-ach: And with some Honey or Sugar put thereunto, easebeth the Breast of Flegm, and the heft of such clammy Humours gathered therein. The Decoction of the Root

*Obstructions, Dysury, Gravel, Stone, Stranguary, Terms provokes, Yellow Jaundice, Head-ach, Flegm, broken Bones, Dislocations.*

unk, and a Pultismade of the Berries and Leaves being applied, is effectual in knitting and consolidating broken Bones or parts out of Joint. The common way of using it, is to boil the Roots of it, and Parsley and Fennel, and Smallage in white-wine, and drink the Decoction, adding the like quantity of Rals-root to them: The more of the Roots you boil, the stronger will the Decoction be; it work no ill effects, yet I hope you have Wit enough to give the strongest Decoction to the strongest Bodies.

### *Broom, and Broom-rape.*

**T**O spend time in writing a Description hereof, is altogether needless, it being so generally used by all the good Housewives almost through this Land to sweep their Houses with, and therefore very well known to all sorts of people.

The Broom-rape springeth up on many Places from the roots of the Broom (but more often in Fields, as by Hedges, and on Heaths) The Stalk whereof is of the bigness of Finger or Thumb, above two Foot high, having a shew of Leaves on them, and many Flowers at the top, of a reddish yellow Colour, as also the Stalks and Leaves are.

*Place.*] They grow in many Places of this Land commonly, and as commonly spoil all the Land they grow in.

*Time.*] And flower in the Summer Months, and give their seed before Winter.

*Government and Vertues.*] The Juice or Decoction of the young Branches, or Seed, or the Powder of the Seed taken in Drink, purgeth downwards, and draweth *Flegm, Joints,* Flegmatick and watery Humours from *Dropfie, Sides,* the Joints, whereby it helpeth the Drop- *Spleen, Bladder,* fie, Gout, Sciatica, and Pains in the Hips *Kidneys, stone,* and Joints; It also provoketh strong Vo- *Dysury.* mits, and helpeth the Pains of the Sides, and swelling of the Spleen, cleanseeth also

the Reins or Kidneys and Bladder of the Stone, provoketh Urine abundantly, and hindreth the growing again of the Stone in the Body. The continual use of the Powder of the Leaves and Seed doth cure the black Jaundice.

**Black Jaundice,**  
**Agues, Tooth-ach,**  
**Wind, Stiches,**  
**Lice.**

Century, and a little Sugar put therein, be taken a little before the Fit cometh, and the Party be laid down to Sweat in his Bed. The Oyl or Water that is drawn from the end of the green Sticks heated in the Fire, helpeth the Tooth-ach. The Juice of the young Branches made into an Oyniment of old Hogs-grease, and anointed, or the young Branches bruised and heated in Oyl or Hogs-grease, and laid to the Sides pained by Wind, as in Stitches, or the Spleen, easeth them in once or twice using it. The same boiled in Oyl is the safest and surest Medicine to kill Lice in the Head or Body of any; and is an especial Remedy for Joint-aches, and swollen Knees, that come by the falling down of Humours.

*The Broom-rape also is not without its Vertues.*

The Decoction thereof in Wine, is thought to be as effectual to avoid the Stone in the Kidneys and Bladder, and to provoke Urine, as the Broom it self. The Juice thereof is a singular good Help to cure as well green Wounds, as old and filthy Sores and Malignant Ulcers. The insolate Oyl, wherein there hath been three or four Repetitions of Infusion of the top Stalks, with Flowers strained and cleared, cleanseth the Skin from all manner of Spots, Marks, and Freckles that riseth either by the heat

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the Sun, or the Malignity of Humours. As for the Broom and Broom-rape, Mars owns them, and is exceeding prejudicial to the Liver. I suppose by reason of the Antipathy between Jupiter and Mars, therefore if the Liver be disaffected minister one of it.

**Bucks-horn Plantane.**

**Script.** **T**HIS being sown of Seed, riseth up at first with small, long, narrow, hairy, dark green Leaves like Grass, without any division or gash in them; but those that follow are gashed in on both sides the Leaves into three or four lobes, and pointed at the Ends, resembling the Knags of a Bucks-horn (whereof it took its Name) and being well grown stand about the Root upon the Ground, or order one by another, every resembling the Form of a Star; from among which rise divers hairy Stalks, about a Hand's breadth high, bearing every one a small, long, spiky Head like to those of the common Plantane, having such like Bloomings and Seed after them. The Root is single, long and small, with divers Strings at it.

**Place.]** They grow in Sandy Grounds, as in Tuttle Fields by Westminster and divers other Places of this Land.

**Time.]** They Flower and Seed in May, June, and July; and their green Leaves do in a manner abide fresh all the Winter.

**Government and Vertues.]** It is under the Dominion of Saturn, and is of a gallant drying and binding Quality. It is boiled in Wine and drunk, and some of the Leaves to

Hurt place, is an excellent Remedy for biting of the Viper and Adder, which take to be one and the same. The same being also drunk, helpeth those that are troubled with the Stone in the Reins or Nerves, by cooling the Heat of the Part affected, strengthening them. As also

*Venemous Beasts,  
Stone, Stomach, Vomitting,  
Bleeding, Pissing Blood, Flux,  
Bloody-Flux, Agues,  
Eyes.*

in Sick Stomachs that cannot retain but cast up their Meat. It helpeth all Bleeding both at Mouth and Nose; bloody Urine, or Bloody-Flux, and stoppeth the Lask of the Belly and Vessels. The Leaves hereof bruited and laid to their Sides that have an Ague, suddenly easeth the Fit; and the Leaves and Roots being beaten with some Bay-Salt and applied to Wounds, worketh the same Effects. The Herb boiled in Water, or Wine, and given for some Mornings and Evenings together

together, stayeth the Distillation of hot and sharp Rheums falling into the Eyes from the Head, and helpeth all sorts of sore Eyes.

### Bucks-Horn.

**I**T is called *Harts-Horn*, *Herba-stella*, and *Herba-stellaria*, *Sanguinaria*, *Herb-Eve*, and *Herb-Ivy*, and *Wort-Tresses* and *Swine-Cresses*.

*Descript.*] They have many small and weak straggling Branches trailing here and there upon the Ground: The Leaves are many small, and jagged, not much unlike to those of *Bucks-Horn Plantane*, but much smaller, and not so hairy. The Flowers grow among the Leaves in small, rough whitish Clusters: The Seeds are smaller and brownish, of a bitter Taste.

*Place.*] They grow in dry, barren and sandy Grounds.

*Time.*] They flower and seed when the rest of the *Plantanes* do.

*Government and Vertues.*] This is also under the Dominion of *Saturn*; the Vertues are held to be the same as *Bucks Horn Plantane*, and therefore by all Authors, it is joyned with it: But besides those, it is most certainly found out, that the

*Bleeding, Warts.* Leaves being bruised and applied to the Place, stops Bleeding; the Herb bruised and applied to Warts, will make them consume and waste away in a short time.

### Bugle.

**B**Esides the Name *Bugle*, it is called *Middle-Confound* and *Middle Comfry*, *Brown-bugle*, and of some *Sickle Wort*, and *Herb-Carpenter*; though in *Essex* we call another Herb by that Name.

*Descript.*] This hath larger Leaves than those of the *Self-heal* but else of the same fashion, or rather a little longer, in some green on the upper-side and in others more brownish, dented about the Edges, somewhat hairy, as the *Square-stalk* is also which riseth up to be half a Yard high sometimes, with the Leaves set by Couples from the Middle almost whereof upward stand the Flowers, together with many smaller and browner Leaves than the rest, on the Stalk below, set at distances, and the Stalk bare between them; among which Flowers are also small ones of a bluish, and sometimes of an Ash-colour, fashioned like the Flowers of the *Ground-Ivy*, after which come small, round, blackish Seed. The Root is composed of many Strings, and spreadeth upon the Ground in divers Parts round about. Th

The white flowered Bugle differeth not in Form or Greatness from the former, saving that the Leaves and Stalks are always green and never brown like the other, and the Flowers thereof are white.

*Place.*] They grow in Woods, and Copfes, and Fields, generally throughout England; but the white flowered Bugle is not so plentiful as the former.

*Time.*] They flower from May until July, and in the mean time perfect their Seed. The Roots and Leaves next thereunto grow on the Ground, abiding all Winter.

*Government and Vertues.*] This Herb belongeth to Dame Venus: If the Vertues of it make you in love with it (as they will if you be wise) keep a Syrup of it to take inwardly, and an Ointment and Plaister of it to use outwardly always by you.

The Decoction of the Leaves and Flowers made in Wine, and taken, dissolveth the congealed blood in those that are bruised inwardly by a Fall, or otherwise, and is very effectual for any inward Wounds, Bruises or Stabs in the Body or Bowels: And is an especial help in all Cough-drinks, and for those that are over-grown (as they call it.) It is wonderful in curing all manner of Ulcers and Sores, whether new and fresh, or old and inveterate, yea, Gangreens and Fistula's also, if the Leaves bruised and applied, or their Juice be used to wash and bathe the Places. And the same made into a Lotion, and some Honey and Allum, cureth Sores in the Mouth and Gums, be they never so foul or of long continuance; and worketh no less powerfully and effectually for such Ulcers and Sores as happen in the Secret Parts of Men and Women. Being also taken inwardly, or outwardly applied, it helpeth those that have broken any Bone, or have any Member out of Joint. An Ointment made with the Leaves of Bugle, Scabious and Sanicle bruised and boiled in Hog-lase, until the Herbs be dry, and then strained forth into a Lotion, for such Occasions as shall require; it is so singular good for all sorts of Hurts in the Body, that none that know its usefulness will be without it.

The Truth is, I have known this Herb cure some Diseases of Saturn, of which I thought good to quote one. Many

Bruises, Falls,  
Wounds, Scabs, Ulcers,  
Liver-grown, Gangreen, Fistulaes,  
Sore Mouths, Gums,  
Sore secret Parts,  
broken Bones.

times such as give themselves much to drinking are trouble with strange Fancies, strange Sights in the Night-time, and some with Voices, as also with the *Dum Mares, strange Sights in the Night.* ease *Ephialtes*, or the *Mare*. I take the Reason of this to be (according to *Fernelius*) a melancholy Vapour made this

excessive drinking strong Liquor, and so flies up and disturbs the Fancy, and breeds Imaginations like it self, viz. fearful and troublesome. These I have known cured by taking only two Spoonfuls of the Syrup of this Herb, after Supper two Hours, when you go to Bed. But whether this does it by Sympathy or Antipathy is some doubt in Astrology. Know there is a great Antipathy between *Saturn* and *Venus* in Matter of Procreation; yea, such a one that the Barrenness of *Saturn* can be removed by none but *Venus*; nor the Lust of *Venus* repelled by none but *Saturn*; but I am not of Opinion this is done this way, and my reason, is because these Vapours tho' in quality Melancholy, yet by their flying upward, seem to be something Aerial; therefore I rather think it is done by Sympathy; *Saturn* being exalted in *Libra*, in the House of *Venus*

### Burnet.

**I**T is also called *Sanguisorbia*, *Pimpinella*, *Ripula*, *Solbeggrella* &c. The Common Garden Burnet is so well known, that it needeth no Description. There is another sort which is wild, the Description whereof take as followeth.

Descript.] The great wild Burnet hath winged Leaves rising from the Roots like the Garden Burnet, but not so many; yet each of these Leaves are at the least twice as large as the other and nicked in the same manner about the Edges, of a greyish Colour on the Under-side; the Stalks are greater and rise higher, with many such like Leaves set thereon, and greater Heads at the Top, of a brownish Colour, and out of them come small dark purple Flowers like the former, but greater. The Root is black and long like the other, but great also: It hath almost neither Smell nor Taste therein like the Garden kind.

Place.] The first grows frequently in Gardens. The wild kind groweth in divers Countries in this Land, especially in *Huntington* and *Northampton Shires*, in the Meadows there as also near London by *Pancras Church*, and by a Causeway-side in the Middle of a Field by *Paddington*.

Time.]

*Time.*] They Flower about the End of *June*, and Beginning *July*, and their Seed is ripe in *August*.

*Government and Vertues.*] This is an Herb the *Sun* chal-  
geth Dominion over, and is a most precious Herb, little  
erious to Betony : The continual use of it preserves the  
dy in health, and the Spirit in vigour ; for if the *Sun* be  
e Preserver of Life under God, his Herbs are the best in  
e World to do it by. They are accounted to be both of one  
perty, but the lesser is more effectual because quicker  
d more Aromatical : It is a Friend to

Heart, Liver, and other the princi-  
Parts of a Man's Body. Two or  
ee of the Stalks, which Leaves put  
o a Cup of Wine, especially Claret,  
known to quicken the Spirits, re-  
h and clear the Heart, and drive  
ay Melancholy : It is a special help  
defend the Heart from noisom Va-  
rs, and from Infection of the *Pesti-*  
*ce* the Juice thereof being taken in

*Heart, Liver, Me-*  
*lancholy, Pestilence,*  
*Epidemical Diseases,*  
*Bleeding, stoppeth*  
*Terms and Whites,*  
*Belching, Vomiting,*  
*Wounds, Ulcers,*  
*Cankers, Sores,*  
*Fluxes.*

ne drink, and the Party laid to sweat thereupon. They  
e also a drying and an astringent Quality, whereby they  
available in all manner of Fluxes of Blood or Humours,  
anch Bleedings inward or outward, Lasks, Scourings, the  
ody-flux, Womens too abundantly Flux of Courles, the  
ites and the Cholerick Belchings and Castings of the Sto-  
ch ; and is a singular Wound Herb for all sorts of Wounds,  
h of the Head and Body, either inward or outward ; for  
old Ulcers running Cankers and most Sores, to be used  
er by the Juice or Decoction of the Herb ; or by the  
ydr of the Herb or Root, or the Water of the distilled  
b or Ointment by it self, or with other things to be  
r. The Seed is also no less effectual both to stop Fluxes,  
dry up moist Sores, being taken in Powder inwardly  
Wine, or Steele'd Water, that is, wherein hot Gads of  
d have been quench'd or the Powder, or the Seed mixed  
n the Ointments.

*The Butter-Bur, or Petasitis.*

*Script.*] **T** His riseth up in February, with a thick Stalk  
about a foot high, whereon are set a few small  
es, or rather Pieces, and at the tops a long spiked head of  
Flowers

Flowers of a bluish or deep red Colour, according to the Soil where it groweth, and before the Stalk with the Flowers have abode a Month above Ground, it will be withered and gone, blown away with the Wind, and the Leaves will begin to spring, which being full grown, are very large and broad, being somewhat thin, almost round, whose thick red Foot-stalks above a Foot long, stand towards the middle of the Leaves. The lower part being divided into two round Parts, close almost one to another, and are of a pale green Colour; and hoary underneath. The Root is long and spreading under Ground, being in some Places no bigger than one Finger, in others much bigger, blackish on the outside, and whitish within, of a bitter and unpleasant Taste.

*Place and Time.*] They grow in low and wet Grounds by Rivers and Water-sides. Their Flower (as is said) rises and decaying in February and March, before their Leaves which appear in April.

*Government and Vertues.*] It is under the Dominion of the Sun, and therefore is a great Strengthenener of the Heart, and Chearer of the vital Spirits. The Roots thereof are by long

Plague, Epidemical Diseases, Poyson, Mother, Wheefing, Difficulty of Breathing, Dysury, Terms provokes, flat and broad Worms, Blemishes of the Skin.

Experience found to be very available against the Plague and Pestilential Fevers, by provoking Sweat; if the Powder thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with Zedoary and Angelica, or without them, helps the rising of the Mother. The Decoction of the Root in Wine, is singular good

for those that wheef much, or are short-winded. It provoketh Urine also, and Women's Courses, and killeth the flat and broad Worms in the Belly. The Powder of the Root doth wonderfully help to dry up the Moisture of the Sores that are hard to be cured, and take away all Spots and Blemishes of the Skin. It were well if Gentlewomen would keep this Root preserved, to help the poor Neighbours, *It is fit the Rich should help the Poor, if the Poor cannot help themselves.*

### The Bur-dock.

THEY are also called *Personata Bardana*, and *Lappy* may be the great Bur-dock, and *Clod-bur*, it is so well known, even to the little Boys, who pull off the Burs to throw and fling

one another, that I shall spare to write any Description

*Place.*] They grow plentifully by Ditches and Waters, and by the High-ways almost every where through the Land.

*Government and Vertues.*] *Venus* challengeth this Herb for her own, and by its Leaf or Seed you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it falls out; or downwards in case of the Mother, by applying it to the Soles of the Feet; if you would stay it in its Place, apply it to the Navel, that is one good way to stay the Child in it. See more in my *Guide for Women*. The Bur-

ves are cooling, moderately dry, and discussing withal, whereby it is good for old Ulcers and Sores. A decoction of the Roots taken with Pine-apples, helpeth them that spit foul, bloody, and bloody Flegm. The Leaves applied on the Places troubled with the shrinking of the Sinews or Arteries, give much ease. The Juice of

*Cools, dries Ulcers, Sores, Flegm Sinews, Arteries, venomous Beasts, mad Dogs, Disury, Bladder, Sciatica, Burning, Sores, Cankers, Consumption, Stone, Flux.*

Leaves, or rather the Roots themselves given to drink in old Wine, doth wonderfully help the biting of any Bents: And the Root beaten with a little Salt, and laid on the Place, suddenly easeth the Pain thereof, and helpeth them that are bit with a mad Dog. The Juice of the Leaves drunk with Honey, provoketh Urine, and remedyeth the Pain of the Bladder. The Seed being drunk in Wine for many days together, doth wonderfully help the Sciatica. The Leaves bruised with the White of an Egg, and applied to the Place burnt with Fire, taketh out the Fire, gives sudden relief, and heals it up afterwards. The Decoction of them served on any fretting Sore or Canker, stayeth the corruption, which must be afterwards anointed with an ointment made of the same Liquor, Hogs-grease, Nitre and Saffron boiled together. The Roots may be preserved with Vinegar, and taken fasting, or at other times, for the said Diseases, and for Consumptions, the Stone and the Lask. The Seed is much commended to break the Stone, and causes it to be expelled by Urine, and is often used with other Herbs, and things to that Purpose,

## Cabbages and Coleworts.

**I** Shall spare a Labour in writing a Description of these, fit almost every one that can but write at all, may describe them from his own Knowledge, they being generally so well known, that Descriptions are altogether needless.

*Place.*] They are generally planted in Gardens.

*Time.*] Their flowering time is towards the Middle of End of July, and the Seed is ripe in August.

*Government and Vertues*] The Cabbages or Colewort boiled gently in Broth, and eaten, do open the Body, but the second Decoction doth bind the Body. The Juice thereof

*Venomous Beasts,* ten by an Adder, and the Decoction of the  
*Terms provokes,* Flowers bringing down Womens Courses  
*Hoarseness.* Being taken with Honey, it recovereth  
 Hoarseness, or Loss of the Voice. Th

*Consumptions Ob-* often eating of them well boiled, helpeth  
*structions, Stone,* those that are entering into a Consump  
*Stitch, Canker,* tion. The Pulp of the middle Ribs o  
*Surfeits, Swel-* Coleworts boiled in Almond Milk, an  
*lings, Gout, Sores,* made up into an Electuary with Honey  
*Scabs, Wheals,* being taken often, is very profitable fo  
*Melancholly,* those that are purse and short-winded  
*Wind.* being boiled twice, an old Cock boile  
 in the Broth and drunk, it helpeth th

Pains, and the Obstructions of the Liver and Spleen, and the Stone in the Kidneys. The Juice boiled with Honey and dropped into the Corner of the Eyes, cleareth the Sight by consuming any Film or Cloud beginning to dim it; it also consumeth the Canker growing therein. They are much commended, being eaten before Meat to keep one from surfeiting, as also from being drunk with too much Wine, or quickly make a Man sober again that is drunk before. For (as they say) there is such an Antipathy or Enmity between the Vine and the Coleworts, that the one will die where the other groweth. The Decoction of Coleworts taketh away the Pain and Ach, and allayeth the Swellings of Sore and Gouty Legs and Knees, wherein many gross and watry Humours are fallen, the Place being bathed therewith warm. It helpeth also old and filthy Sores, being bathed

thed therewith, and healeth all small Scabs, Pustles, and  
heals, that break out in the Skin The Ashes of Cole-  
wort Stalks mixed with old Hogs-grease, are very effectual  
anoint the Sides of those that have had long Pains therein,  
any other Place pained with Melancholy and windy  
mours. This was surely *Chrysippus* his God, and there-  
re he wrote a whole Volume of them and their Virtues,  
d that none of the least neither, for he would be no small  
ol: He appropriates them to every part of the Body,  
d to every Disease in every part: And honest old *Cato*  
ney say) used no other Physick. I know not what Metals  
eir Bodies are made of, this I am sure, Cabbages are  
ream windy, whether you take them as Meat or as  
edicine; yea, as windy Meat as can be eaten, unless you  
Bag-pipes or Bellows, and they are but seldom eaten in  
r Days; and Colewort-Flowers are something more tole-  
le, and the wholesomer Food of the two. The *Moon*  
allengeth the Dominion of the Herb.

### The Sea Coleworts.

[Script.] **T**HIS hath divers somewhat long and broad,  
large, and thick wrinkled Leaves, somewhat  
mpled about the Edges, and growing each upon a severat  
ck Foot-stalk, very brittle, of a greyish green Colour, from  
ong which riseth up a strong thick Stalk, two Foot high  
better, with some Leaves thereon to the Top, where it  
nches forth much; and on every Branch standeth a large  
b of pale whitish Flowers, consisting of four Leaves apiece:  
Root is somewhat great, and shooteth forth many Branches  
er Ground, keeping the Leaves green all the Winter.

[Place.] They grow in many Places upon the Sea-coasts,  
well on the *Kentish* as *Essex* Shores; as at *Lid* in *Kent*,  
chester in *Essex*, and divers other Places, and in other  
untries of this Land.

[Time.] They Flower and Seed about the Time that other  
d do.

[Government and Vertues.] The *Moon* claims the Dominion  
these also. The Broth or first Decoction of the Sea  
ewort, doth by the sharp, nitrous, and bitter Qualities  
rein, open the Belly, and purge the Body; it cleanseth

*Sores, Wounds, Ulcers, Swellings, Inflammations.*

and digesteth more powerfully than the other kind: The Seed hereof bruised and drunk killeth Worms. The Leaves or the Juice of them applied to Sores or Ulcers, cleanseth and healeth them.

and dissolveth Swellings, and taketh away Inflammations.

### Calamint, or Mountain-Mint.

**Descript.]** **T**HIS is a small Herb, seldom rising above a Foot high, with square, hoary, and woody Stalks, and two small hoary Leaves set at a Joint, about the bignesse of Marjorum, or not much bigger, a little dented about the Edges, and of a very fierce or quick Scent as the whole Herb is: The Flowers stand at several spaces of the Stalks, from the middle almost upwards, which are small and gaping like to those of Mints, and of a pale Blush Colour: After which follow small round blackish Seed. The Root is small and woody, with divers small Sprigs spreading within the Ground, and dieth not, but abideth many Years.

**Place.]** It groweth on Heaths, and Upland, dry Grounds in many Places of this Land.

**Time.]** They Flower in July, and their Seed is ripe quickly after.

**Government and Vertues.]** It is an Herb of Mercury, and a strong one too, therefore excellent good in all Afflictions of the Brain; the Decoction of the Herb being drunk bringeth down Womens Courses, and provoketh

**Terms provokes, Dys-** Urine. It is profitable for those that are  
**jury, Ruptures, Con-** Bursen, or troubled with Convulsions  
**vulsions, Cramps,** or Cramps, with Shortness of Breath,  
**Shortness of Breath,** or Cholerick Torments and Pains in  
**Jaundice, Vomiting,** their Bellies or Stomachs; it also helpeth  
**Worms, Leprosie, Ser-** the Yellow Jaundice, and stayeth Vomiting,  
**pents, black and blue** being taken in Wine: Taken with  
**Marks, Scars, Scia-** Salt and Honey, it killeth all manner  
**zica, Obstructions of** of Worms in the Body. It helpeth  
**the Liver and Spleen,** such as have the Leprosie, either taken  
**Tertian Agues.** inwardly, drinking Whey after it  
or the green Herb outwardly applied

It hindreth Conception in Women, but either burneth

strewed in the Chamber, it driveth away venomous Serpents. It takes away black and blue Marks in the Face, and maketh black Scars become well coloured, if the green herb, (not the dry) be boiled in Wine, and laid to the face, or the place washed therewith. Being applied to the ruckle-bone, by continuance of time, it spends the Humours, which cause the Pain of the Sciatica. The Juice being dropped into the Ears, killeth the Worms in them. The Leaves boiled in Wine, and drunk, provoke Sweat and open Obstructions of the Liver and Spleen. It helpeth them that have Tertian Ague, (the Body being first Purged) by taking away the cold Fits. The Decoction hereof, with some Sugar put thereto afterwards, is very profitable for those that be troubled with the over-flowing of the Gall, and that have an old Cough, and Gall, Cough, Bowels, that are scarce able to Breath by short-Spleen. Spleen. of their Wind; that have any old Distemper in their Bowels, and are troubled with the hardness of the Spleen, for all which purposes, both the powder called *Diacaluminthes*, and the compound Syrup of calamint (which are to be had at the Apothecaries) are most effectual. Let not Women be too busie with it, for it works very violent upon the Feminine part.

### Chamomel.

It is so well known every where, that it is but lost time and labour to describe it. The Verrues thereof are as followeth.

A Decoction made of Chamomel, and drunk, taketh away all Pains and Stitches in the Side. The Flowers of Chamomel beaten, and made up into Balls with Oyl, drive away all sorts of Agues, if the Party be anointed with that Oyl taken from the Flowers from the Crown of the Head to the Sole of the Foot, and afterwards laid to Sweat in his Bed, and that he Sweats well. This is *Neches* for an Egyptian's Medicine. It is profitable for all sorts of Agues that come either from Flegm or melancholy, or from an Inflammation of the Bowels,

*Stitches in the Side,  
Agues, Liver, Spleen,  
Weariness, Sinews,  
Swellings, Cholick,  
Stone, Bellyach, Cold,  
Aches, Jaundice,  
Dropsey, Brain, Cramp  
Stitches in the Side.*

being applied when the Humours causing them shall be concocted; and there is nothing more profitable to the Sides and Region of the Liver and Spleen than it. The Bathing with a Decoction of Chamomel, taketh away Weariness, easeth Pains to what part of the Body soever they be applied. It comforteth the Sinews that are over strained, mollifieth all Swellings; it moderately comforteth all parts that have need of Warmth, Digesteth and Dissolveth whatsoever hath need thereof, by a wonderful speedy Property. It easeth all the Pains of the Cholick and Stone, and all Pains and Torments of the Belly, and gently provoketh Urine. The Flowers boiled in Posset Drink provoke Sweat, and help to expel Colds, Aches and Pains whatsoever, and is an excellent help to bring down Womens Courses. A Syrup made of the Juice of Chamomel; with the Flowers in White-wine, is a Remedy against the Jaundice and Dropsie. The Flowers boiled in Lie, are good to wash the Head, and comfort both it and the Brain. The Oyl made of the Flowers of Chamomel, is much used against all hard Swellings, Pains or Aches, shrinking of the Sinews, or Cramps, or Pains in the Joints, or any other part of the Body. Being used in Glysters, it helps to dissolve Wind and Pains in the Belly; anointed also, it helpeth Stitches and Pains in the Sides.

*Nicheffor* saith, The *Egyptians* Dedicated it to the *Sun*, because it cured Agues, and they were like enough to do it, for they were the arraintest Apes in their Religion as ever I read of. *Bachinus*, *Bena*, and *Lobel*, commend the Syrup made of the Juice of it and Sugar, taken inwardly to be excellent for the Spleen. Also this is certain, that it most wonderfully breaks the Stone: Some take it in Syrup or Decoction, others inject the Juice of it into the Bladder with a Syringe. My Opinion is, that the Salt of it taken halfa Dram in the Morning in a little White or Rhenish Wine, is better than either; that it is excellent for the Stone, appears in this which I have seen tryed, viz. That a Stone that hath been taken out of the Body of a Man being wrapped in Chamomel, will in time dissolve, and in a little time too.

Water Caltrops.

THEY are called also *Tribulus Aquaticus*, *Tribulus L-custris*, and *Tributus Morinus*, Caltraps, Saligos, Water Nuts, and Water Chestnuts.

Descript.] As for the greater Sort, or Water Caltrop, it is not found here, or very rarely. Two other Sorts there are which shall here describe. The first hath a long creeping and jointed Root, sending forth Tufts at each Joint, from which Joints arise long, flat, slender, knotted Stalks, even to the Top of the Water, divided towards the Top into many Branches, each carrying two leaves on both Sides, being about two Inches long, and half an Inch broad, thin and almost transparent, they look as though they were torn; the Flowers are long, thick and whitish, set together almost like a bunch of Grapes, which being gone there succeeds for the most part sharp pointed Grains altogether, containing a small white Kernel in them.

The second differs not much from this, save that it delights in more clear Water; its Stalks are not flat, but round; its Leaves are not so long, but more pointed: As for the Place, we need not determine, for their Name sheweth they grow in the Water.

Government and Vertues.] They are under the Dominion of the Moon, and being made into a Pulvis, are excellent good for hot Inflammations, Cankers, sore Mouths, and Throats; being washed with the Decoction, it cleanseth and strengthneth the Neck and Throat much, and helps those Swellings which when People have, they say the Almonds of the Ears are fallen down, it is excellent good for the Rankness of the Gums, a safe and present Remedy for the King's Evil; they are excellent good for the Stone and Gravel, especially the Nuts being dried; they also resist Poyson, and Bitings of venomous Beasts.

Inflammations, Can-  
kers, Mouth, Throat,  
Gums, Almonds of  
the Ears, King's evil,  
Stone, Gravel, veno-  
mous Beasts, Poyson.

Campion Wild.

Descript.] THE Wild White Campion hath many long and somewhat broad dark green Leaves, lying upon the Ground, and divers Ribs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long: The hairy Stalks rise up in the middle of them, three or four Foot high, and sometimes

sometimes more, with divers great white Joints at several Places thereon, and two such like Leaves thereat up to the Top, sending forth Branches at several Joints also: All which bear on several Foot-stalks, white Flowers at the tops of them, consisting of five broad pointed Leaves, every one cut in on the End unto the Middle, making them seem to be two apiece, smelling somewhat sweet, and each of them standing in a large green striped hairy Husks, large and round below next to the Stalk: The Seed is small and greyish in the hard Heads that come up afterwards. The Roots is white and long, spreading divers Fangs in the Ground.

The red wild Campion groweth in the same manner as the white, but his Leaves are not so plainly ribbed, somewhat shorter, rounder, and more woolly in handling. The Flowers are of the same Form and Bigness; but in some of a pale, in others of a bright red Colour, cut in at the Ends more finely, which makes the Leaves seem more in Number than the other. The Seed and the Roots are alike, the Roots of both sorts abiding many Years.

There are forty five Kinds of Campions more, those of them which are of a Physical Use, having the like Vertues with those above described, which I take to be the two chiefest Kinds.

Place.] They grow commonly through this Land by Fields, and Hedge-fides and Ditches.

Time.] They flower in Summer, some earlier than others, and some abiding longer than others.

Government and Vertues.] They belong unto Saturn; and it is found by Experience, that the Decoction of the Herb, either in white or red Wine being drunk, doth stay inward

Bleedings, and applied outwardly, it doth the like; and being drunk, helpeth to expel the Urine being stopt, and Gravel and Stone in the Reins or Kidneys. Two Drams of the Seed drunk in Wine, purgeth the Body of Cholerick Humours, and helpeth those that are stung by Scorpions, or other venomous Beasts; and may be as effectual for the Plague.

It is of very good Use in old Sores, Ulcers, Cancers, Fistulaes, and the like, to cleanse and heat them, by consuming the moist Humours falling into them, and correcting the Putrification of Humours offending them.

Carduus Benedictus.

It is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle; I suppose the Name was put upon it by some that add little Holiness in themselves.

I shall spare a Labour in writing a Description of this, sith most every one that can but write at all, may describe them by his own Knowledge.

*Time.*] They flower in *August*, and seed not long after.

*Government and Vertues.*] It is an Herb of *Mars*, and under the Sign *Aries*. Now in handling this Herb, I shall give you a rational Pattern of all the rest; and if you please to view them throughout the Book, you shall, to your Content, find it true. It helps Swimmings and Stiddiness of the Head, or the Disease called Vertigo because *Aries* is in the House of *Mars*. It is an excellent Remedy against the Yellow-Jaundice, and other Infirmities of the

Vertigo, Yellow-Jaundice.

all, because *Mars* governs Choler. It strengthens the attractive Faculty in Man, and clarifies the Blood, because he one is ruled by *Mars*. The continual drinking the Decoction of it, helps red Faces, Tetters and Ring-Worms, because *Mars* causeth them. It helps Plague, Sores, Boils, and Itch, the Bittings of mad Dogs and venomous Beasts, all which Infirmities are under *Mars*; thus you see what it doth by Sympathy.

Attractive Faculty, Tetters, Ring-worms, Plague, Sores, Boils, Itch, mad Dogs, venomous Beasts, French Pox, strengthens Memory, Deafness, Quartan Agues, Aduſt, Choler, Urine.

By Antipathy to other Planets it cures the French-Pox. By Antipathy to *Venus*, who governs it, it strengthens the Memory, and cures Deafness by Antipathy to *Saturn*, who with his Fall in *Aries*, which rules the Head. It cures Quartan Agues and other Diseases of Melancholy and Aduſt Choler, by Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Also it provokes Urine, the stopping of which is usually caused by *Mars* or the *Moon*.

Carrots,

## Carrots.

**G**arden Carrots are so well known, that they need no Description; but because they are of less Physical Use than in the wild kind, (as indeed almost in all Herbs the wild are most effectual in Physick, as being more powerful in Operation than the Garden kinds) I shall therefore briefly describe the wild Carrot.

*Descript.*] It groweth in a manner altogether like the tame, but that the Leaves and Stalks are somewhat whiter and rougher. The Stalks bear large Tufts of white Flowers, with a deep purple Spot in the middle, which are contracted together when the Seed begins to ripen, that the middle part being hollow and low, and the outward Stalks rising high, maketh the whole Umble to shew like a Bird's Nest. The Roots small, long and hard, and unfit for Meat, being somewhat sharp and strong.

*Place.*] The wild Kind groweth in divers Parts of this Land plentifully by the Field-sides, and untilled Places.

*Time.*] They Flower and Seed in the end of Summer.

*Government and Vertues*] Wild Carrots belong to Mercury, and therefore break Wind and remove Wind, Stitches, provokes Urine and the Terms, Stone, Drop-sie, Cholick, Barrenness, Ulcers.

Stitches in the Sides, provokes Urine and Womens Courses, and helpeth to break and expel the Stone; the Seed also of the same worketh the like effect, and is good for the Dropsie, and those whose Bellies are swollen with Wind; helpeth the Cholick, the Stone in the Kidneys and rising of the Mother; being taken in Wine or boiled in Wine, and taken, it helpeth Conception. The Leaves being applied with Honey to running Sores or Ulcers, do cleanse them.

I suppose the Seeds of them perform this better than the Roots; and tho' Galen commend Garden Carrots highly to break Wind, yet Experience teacheth they breed it first, and we may thank Nature for expelling it, not they; the Seeds of them expel Wind indeed, and so mend what the Root marreth.

Carraway.

**Descript.]** *It beareth divers Stalks of fine cut Leaves lying upon the Ground, somewhat like to the Leaves of Carrots, but not bushing so thick, of a little quick Taste in them, from among which riseth up a square Stalk, not so high as the Carrot, at whose Joints are set the like Leaves, but smaller and sitter, and at the Top small open Tufts, or Umbles of white Flowers, which turn into small blackish Seed smaller than the Anni-seed, and of a quicker and hotter Taste. The Root is whitish, small, and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick Taste, and stronger than the Parsnip, and abideth after Seed-time.*

**Place.]** It is usually sown with us in Gardens.

**Time.]** They flower in June and July, and seed quickly after.

**Government and Vertues.]** This is also a Mercurial Plant. Carraway-seed hath a moderate sharp Quality, whereby it breaketh Wind, and provoketh Urine, which also the Herb doth. The Root is better Food than the Parsnip, is pleasant and comfortable to the Stomach, and helpeth Digestion. The Seed is conducing to all the cold Grievs of the Head and Stomach, the Bowels, or Mother, as also the Wind in them, and helpeth to sharpen the Eye-sight. The Powder of the Seed put into a Pultis, taketh away black and blue Spots of Blows and Bruises. The Herbit self, or with some of the Seed bruised and fried, laid hot in a Bag or double Cloth, to the lower Parts of the Belly, easeth the Pains of the Wind Cholick.

*Wind, Dysfury, Indigestion, Head, Stomach, Bowels, Mother, black and blue Spots, Bruises, Cholick,*

The Roots of Carraways eaten as Men eat Parsnips, strengthen the Stomachs of ancient People exceedingly, and they need not to make a whole Meal of them neither, and are fit to be planted in every Garden.

Carraway Confects, once only dipped in Sugar, and half a Spoonful of them eaten in the Morning fasting, and as many after each Meal, is a most admirable Remedy for those that are troubled with Wind.

## Celandine.

**Descript.]** **T**HIS hath divers tender round, whitish green Stalks, with greater Joints than ordinary in other Herbs as it were Knees, very brittle and easie to break, from whence grow Branches with large tender long Leaves, much divided into many Parts, each of them cut in on the Edges, set at the Joint on both sides of the Branches, of a dark blueish green Colour, on the upper side like Columbines, and of a more pale blueish green underneath, full of yellow sap; when any part is broken, of a bitter Taste and strong Scent. At the tops of the Branches which are much divided, grow gold yellow Flowers of four Leaves apiece, after which come small long Rods, with blackish Seed therein. The Root is somewhat great at the Head, shooting forth divers long Roots and small Strings, reddish on the outside, and yellow within, full of yellow Sap therein.

**Place.]** It groweth in many Places by old Walls, by the Hedges and Way-sides in untilled Places; and being once planted in a Garden, especially some shady Places, it will remain there.

**Time.]** They flower all the Summer long, and the Seed ripeneth in the mean time.

**Government and Vertues.]** This is an Herb of the Sun, and under the Cœlestial Lyon, and is one of the best Cures for the Eyes; that is, all that know any thing in Astrology, know as well as I can tell them, that the Eyes are subject to the Luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries, applying to his Time; let Leo arise, then may you make it into an Oyl or Ointment, which you please, to anoint your sore Eyes withal: I can prove it both by my own Experience, and the Experience of those to whom I have taught it, that most desperate sore Eyes have been cured by this only Medicine; and then, I pray, is not this far better than endangering the Eyes by the Art of the Needle? For if this do not absolutely take away the Film, it will so facilitate the Work, that it may be done without Danger. The Herb or Root boiled in White-wine and drank, a few Anniseeds being boiled there-

with, openeth Obstructions of the Li-

**Obstructions of the** ver and Gall, helpeth the Yellow-Liver and Gall, Jaundice; and often using it, helps the Yellow Jaundice, Dropsie and the Itch, and those that have old

ld Sores in their Legs, or other Parts of the Body. The Juice thereof taken fasting, is held to be of singular good use against the Pestilence: The distilled Water with a little Sugar and a little good Treacle mixed therewith (the party upon the taking, being laid down to sweat a little) hath the same effect. The Juice dropped in the Eyes, cleanseth them from Films and Cloudiness which darken the Sight; but it is best to allay the sharpness of the Juice with a little Breast Milk. It is good in old, filthy, corroding, creeping Ulcers, wheresoever to stay their Malignity of fretting and running, and to cause them to heal more speedily: The Juice often applied to Tetters, Ring-worms, or other such like spreading Cankers, will quickly heal them, and rubbed often upon Warts, will take them away. The Herb with the Roots bruised and heated with Oyl of Chamomel, and applied to the Navel, taketh away the griping Pains in the Belly and Bowels, and all the Pains of the Mother; and applied to Womens Breasts, stayeth the overmuch flowing of the Courses. The Juice or Decoction of the Herb gargled between the Teeth that ach, easeth the Pain, and the Powder of the dried Root laid upon any aching, hollow or loose Tooth, will cause it to fall out. The Juice mixed with some Powder of Brimstone, is not only good against the Itch, but taketh away all discolourings of the Skin whatsoever; and if it chance that in a tender Body it causeth any Itching or Inflammations, by bathing the Place with a little Vinegar it is helped.

Another ill-favoured Trick have Physicians got to use to the Eye, and that is worse than the Needle; which is to eat away Films by corroding or gnawing Medicines. This I absolutely protest against.

1. Because the Tunicles of the Eyes are very thin, and therefore soon eaten asunder.

2. The Callas or Film that they would eat away, is seldom of an equal thickness in every Place, and then the Tunicle may be eaten asunder in one Place, before the Film be consumed in another, and so to be a readier way to extinguish the Sight than to restore it.

It is called *Chelidonium*, from the Greek Word *χελιδών*, which signifies a Swallow; because they say, that if you pick out the Eyes of young Swallows when they are in the Nest, the old ones will recover their Eyes again with this Herb. This I am confident, for I have tried it, that if you mar the very Apple of their Eyes with a Needle, she shall recover them again; but whether with this Herb or not, I know not.

Also I have read (and it seems to me somewhat probable) that the Herb, being gathered as I shewed before, and the Elements drawn apart from it by the Art of the *Alchymist*, and after they are drawn apart rectified, the earthly Quality, still in rectifying them, added to the *Terra damnata*, (as *Alchymists* call it) or *Terra sacratissimo* (as some Philosophers call it) the Elements so rectified, are sufficient for the Cure of all Diseases, the Humour offending being known, and the contrary Element given: It is an Experience worth the trying, and can do no harm.

*The Lesser Celandine, usually known by the Name of Pilewort and Fogwort.*

**I** Wonder what ailed the Ancients to give this the Name of *Celandine*, which resemble it neither in Nature nor Form; it acquired the Name of *Pilewort* from its Vertues, and it being no great matter where I set it down, so I set it down at all, I humoured *Dr. Tradition* so much, as to set it down here.

*Descript.] This Celandine then, or Pilewort (which you please) doth spread many round pale green Leaves, set on weak and trailing Branches, which lie upon the Ground and are flat, smooth, and somewhat shining, and in some Places (though seldom) marked with black Spots, each standing on a long Foot-stalk, among which rise small yellow Flowers, consisting of nine or ten small narrow Leaves, upon slender Foot-stalks, very like unto Crow's foot, whereunto the Seed also is not unlike, being many small one's set together upon a Head. The Root is made of many and small Kernels like a Grain of Corn, sometimes twice as long as others, of a whitish Colour, with some Fibres at the End of them.*

*Place.] It groweth for the most part in the moist Corners of Fields and Places that are near Water-sides, yet will abide in drier Ground if they be but a little shadowy.*

*Time.]*

*Time.*] It flowereth betimes about *March* or *April*, is quite gone by *May*, so it cannot be found till it spring again.

*Government and Vertues.*] It is under the Dominion of *Mars*, and behold here another Verification of the Learning of the Ancients, viz. that the Vertue of an Herb may be known by its Signature, as plainly appears in this ; for if you dig up the Root of it, you shall perceive the perfect Image of that Disease which they commonly call the Piles. It is certain by good Experience, that the Decoction of the Leaves and Roots doth wonderfully help the Piles and Hæmorrhoids, also Kernels by the Ears and Throat, called the King's-Evil, or any other hard Wens or Tumours.

Here's another Secret for my Countrymen and Women, a couple of them together ; Pilewort made into an Oyl, Oyntment or Plaister, readily cures both the Piles, or Hæmorrhoids, and the King's-Evil: The very Herb born about ones Body next the Skin, helps in such Diseases, though it never touch the Place grieved ; let poor People make much of it for those Uses ; with this I cured my own Daughter of the King's-Evil, broke the Sore, drew out a quarter of a Pint of Corruption, cured it without any Scar at all, and in one Weeks time.

### The Ordinary small Centaury.

*Descript.*] **T**His groweth up most usually but with one round and somewhat cristed Stalk, about a Foot high or better, branching forth at the top into many Sprigs, and some also from the joynts of the Stalks below ; the Flowers thus stand at the tops as it were in one Umble or Tuft, are of a pale red, tending to Carnation Colour, consisting of five, sometimes six small Leaves, very like those of St. John's-wort, opening themselves in the Day-time, and closing at Night after which come Seed in little short Husks, in form like unto little Wheat Corns. The Leaves are small and somewhat round : The Root small and hard, perishing every Year. The whole Plant is of an exceeding bitter Taste.

There is another sort in all Things like the former, save only it beareth white Flowers.

*Place.*] They grow ordinary in Fields, Pastures and Woods, but that with the white Flowers not so frequently as the other.

*Time.*]

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*Time.* They flower in *July* or thereabouts, and seed with-  
in a Month after.

*Government and Vertues.*] They are all under the Dominion  
of the *Sun*, as appears in that their Flowers open and shut  
as the *Sun* either sheweth or hideth his Face. This Herb

*Choler, Sciatica, Ob-  
structions of the Li-  
ver, Gall, Spleen. A-  
gues, Dropfie, Green-  
Sickness, Cholick,  
Terms provokes.*

boiled and drunk, purgeth *Cholerick* and  
gross Humours, and helpeth the *Scia-  
tica*, it openeth Obstructions of the *Li-  
ver, Gall, and Spleen*, helping the *Jaun-  
dice*, and easing the Pains in the Sides,  
and Hardness of the Spleen, used out-  
wardly, and is given with very good  
Effect in Agues. It helpeth those that

have the Dropfie, or the Green-sickness, being much used by  
the *Italians* in Powder for that Purpose. It killeth the Worms  
in the Belly, as is found by Experience. The Decoction thereof  
(viz.) the Tops of the Stalks, with the Leaves and Flowers,  
is good against the Cholick, and to bring down Womens  
Courses, helpeth to avoid the dead Birth, and easeth Pains of  
the Mother, and is very effectual in all old Pains of the Joints,

as the Gout, Cramps, or Convulsions.

A Dram of the Powder thereof taken in  
Wine, is a wonderful good Help against  
the Biting and Poyson of an Adder. The  
Juice of the Herb with a little Honey  
put to it, is good to clear the Eyes  
from Dimness; Mists, and Clouds that  
offend or hinder the Sight. It is sin-  
gular good both for green and fresh

*Joints, Gout, Scia-  
tica, Cramp, Con-  
vulsions, venomous  
Beasts, Eyes, Wounds,  
Ulcers, Ears, Scab-  
by Heads, Freckles,  
Spots.*

Wounds, as also for old Ulcers and Sores, to close up the  
one, and cleanse the other, and perfectly to cure them both,  
although they be hollow or fistulous; the green Herb espe-  
cially being bruised and laid thereto. The Decoction thereof  
dropped into the Ears, cleanseth them from Worms, clean-  
seth the foul Ulcers and spreading Scabs of the Head, and  
taketh away all Freckles, Spots, and Marks in the Skin,  
being washed with it; the Herb is so safe you cannot  
fail in the using of it, only give it inwardly for inward  
Diseases; use it outwardly for outward Diseases. 'Tis very  
wholesome, but not very toothsome.

There

There is besides these, another small Centaury, which beareth a yellow Flower ; in all other respects it is like the former, save that the Leaves are bigger, and of a darker green, and the Stalk passeth through the midst of them, as it doth in the Herb *Thorowax*. They are all of them as I told you, under the Dominion of the *Sun* ; yet this, if you observe it, you shall find an excellent Truth ; in Diseases of Blood, use the red Centaury ; if of Choler, use the yellow ; but if Flegm or Water, you will find the white best.

### *The Cherry-Tree.*

**I** Suppose there are few but know this Tree, for his Fruits sake, and therefore I shall spare writing a Description thereof.

*Place.*] For the Place of its growth, it is afforded room in every Orchard.

*Government and Vertues.*] It is a Tree of *Venus*, Cherries as they are of different Tastes, so they are of different Qualities. The sweet pass through the Stomach and Belly more speedily, but are of little Nourishment ; the tart or sour are more pleasing to an hot Stomach, procureth Appetite to Meat, and help to cut tough Flegm, and gross Humours ; but when these are dried, they are more binding the Belly than when they are fresh, being cooling in hot Diseases, and welcome to the Stomach, and provoke Urine. The Gum of the Cherry-Tree dissolved in

*Appetite lost, Flegm,  
gross Humours cool,  
provoke Urine, Cough,  
Hoarseness, Sight,  
Gravel, Wind.*

Wine, is good for a Cold, Cough, and Hoarseness of the Throat, mendeth the Colour in the Face, sharpeneth the Eye-sight, provoketh Appetite, and helpeth to break and expel the Stone ; the Black-Cherries bruised with the Stones, and dissolved, the Water thereof is much used to break the Stone, expel Gravel and Wind.

### *Winter-Cherries.*

**Descript** ] **T**HE Winter-Cherry hath a running or creeping Root in the Ground, of the bigness many times of ones little Finger, shooting forth at several Joins in several Places, whereby it quickly spreadeth a great compass of Ground. The Stalk riseth not above a Yard high, whereon are set many broad

*broad and long green Leaves, somewhat like Nightshade, but larger ; at the Joints whereof come forth whitish Flowers made of five Leaves apiece, which after turn into green Berries enclosed with thin Skins, which change to be reddish when they grow ripe, the Berry likewise being reddish, and as large as a Cherry, wherein are contained many flat and yellowish Seeds lying within the Pulp, which being gathered and strung up, are kept all the Year to be used upon Occasion.*

*Place.]* They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

*Time.]* They flower not until the Middle or latter End of July, and the Fruit is ripe about the End of August or Beginning of September.

*Government and Vertues.]* This also is a Plant of *Venus*. They are of great use in *Phylick*: The Leaves being cooling, may be uled in Inflammations, but not opening as the Berries and Fruit are ; which by drawing down the Urine, provoke it to be voided plentifully when it is stopped, or grown hot, sharp and painful in the Passage ; it is good also to expel the Stone and Gravel out of the Reins, Kidneys and Bladder, helping to dissolve the Stone, and avoiding it

by Grit or Gravel, sent forth in the Urine ; it also helpeth much to cleanse inward Imposthumes or Ulcers in the Reins or Bladder, or in those that void a bloody or foul Urine. The distilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry distilled with a little Milk, and drunk Morning and Evening with a little Sugar, is effectual to all the Purposes afore Specified, and especially against the Heat and Sharpnels of the Urine. I shall only mention one way amongst many others, which might be used for ordering the Berries to be helpful for the Urine and the Stone, which is this: Take three or four good Handfuls of the Berries, either green or fresh, or dried, and having bruised them, put them into so many Gallons of Beer or Ale when it is new tunned up: This Drink taken daily, hath been found to do much good to many ; both to ease the Pains, and expel Urine and the Stone, and to cause the Stone not to ingender. The Decoction of the Berries in Wine and Water is the most usual way ; but the Powder of them taken in Drink is more effectual.

*Chervil.*

Chervil.

It is called *Cerefolium*, *Mirrhis*, and *Mirrha*, *Chervel*, *Sweet Chervil*, and *Sweet Cicely*.

**Descript.]** The Garden Chervil doth at first somewhat resemble Parsley, but after it is better grown, the Leaves are much more in and jagged, resembling Hemlock, being a little hairy, and of a whitish green Colour, sometimes turning reddish in the Summer with the Stalks also, it riseth a little above half a foot high, bearing white Flowers in spiked Tufts which turn into long and round Seeds pointed at the Ends, and blackish when they are ripe; of a sweet Taste, but no Smell, tho' the Herb it self smelleth reasonable well. The Root is small and long, and riseth every Year, and must be sown anew in the Spring for the first time, after July for Autumn Sallet.

The Wild Chervil groweth two or three Foot high, with yellow Stalks and Joints, set with broader and more hairy Leaves, divided into sundry parts, nicked about the Edges, and of a dark green Colour, which likewise grow reddish with the Stalks; at the tops whereof stand small white Tufts of Flowers, and afterwards smaller and longer Seed. The Root is white, hard, and lasting long. This hath little or no Scent.

**Place.]** The first is sown in Gardens for a Sallet Herb, the second groweth wild in many of the Meadows of this Country, and by the Hedges sides, and on Heaths.

**Time.]** They flower and seed early, and thereupon are sown again in the end of Summer.

**Government and Vertues.]** The Garden Chervil being eaten, moderately warm the Stomach, and is a certain Remedy (saith *Tragus*) to dissolve

congealed or clotted Blood in the Stomach, clotted Blood, Bruises, Falls, Dysury, Stone Pleurisy, &c. The Juice or distilled Water rises in the Sides.

The Juice or distilled Water of being drunk, and the bruised Leaves laid to the Place, being taken either in Meat or Drink, is held good to provoke Urine, or expel the Stone in the Kidneys, to send down Womens Courses, and to help the uricall and pricking of the Sides.

The Wild Chervil bruised and applied, Swellings, black and olveth Swellings in any part of the blue spots. y, and taketh away the Spots and Marks of congealed Blood by Bruises or Blows in little time.

## Sweet Chervil, or Sweet Cicely.

Descript.] **T**HIS groweth very like the great Hemlock having large spread Leaves cut into divers Parts but of a fresher green Colour than the Hemlock, tasting as sweet as the Anniseed. The Stalks rise up a Yard high or better, being crested or hollow, having the Leaves at the Joint but lesser; and at the Tops of the branched Stalks, Umbles or Tufts of white Flowers; after which comes large and long crested black shining Seed pointed at both Ends, tasting quick yet sweet and pleasant. The Root is great and white, growing deep in the Ground, and spreading sundry long Branches therein in taste and smell stronger than the Leaves or Seed, and continuing many Years.

Place.] This groweth in Gardens.

Governments and Vertues.] These are all three of them of the Nature of Jupiter, and under his Dominion. This whole Plant, besides its Pleasantness in Sallets, hath its Physical Vertue. The Root boiled and eaten with Oyl and

Vinegar, (or without Oyl) doth much please and warm old and cold Stomachs oppressed with Wind or Flegm, or those that have the Ptsick or Consumption of the Lungs. The same drunk with Wine, is a Preservative from the Plague. It provoketh Womens Courses, and expelleth the After-birth, procureth an Appetite to Mear, and expelleth Wind.

The Juice is good to heal the Ulcers of the Head and Face the candied Roots hereof are held as effectual as Angelica to preserve from Infection in the time of a Plague, and to warm and to comfort a cold weak Stomach. It is so harmful you cannot use it amiss.

## Chesnut-Tree.

**I**T were needless to describe a Tree so commonly known as to tell a Man he had gotten a Mouth; therefore take the Government and Vertues of them thus:

The Tree is absolutely under the Dominion of Jupiter and therefore the Fruit must needs breed good Blood, and yield commendable Nourishment to the Body; yet if eaten overmuch they make the Blood thick, procure Head-ach and bind the Body; the inner Skin that covereth the Nut

of so binding a Quality, that a Scruple of it being taken by a Man, or ten Grains by a Child, soon stops any Flux whatsoever; the whole Nut being dried and beaten into Powder, and a Dram

*Flux, Terms stoppt,  
Cough, Spitting of  
Blood.*

taken at a time, is a good Remedy to stop the Terms in Women. If you dry Chesnuts, and beat them into Powder (only the Kernels I mean) both the Birks being taken away, beat them into Powder, and make the Powder up into an Electuary with Honey, so have you an admirable Remedy for the Cough, and pitting of Blood.

## Earth Chesnuts.

THEY are called *Earth Nuts, Earth Chesnuts, Ground Nuts, Ciper Nuts*, and we in *Suffex* call them *Pig Nuts*. Description of them were needless, for every Child knows them. *Government and Vertues.*] They are something hot and dry in Quality, under the Dominion of *Ve-*

*us*; they provoke Lust exceedingly, and stir up to those Sports she is Mistress of; the Seed is excellent good to provoke Urine, and so also is the Root, but

*Lust provoke, Dysu-  
ry, Spitting of Blood,  
pissing of Blood.*

it doth not perform it so forcibly as the Seed doth. The Root being dried, and beaten into Powder and the Powder made into an Electuary, is as singular a Remedy for spitting and pissing Blood, as the former Chesnut was for Coughs.

## Chickweed.

It is so generally known to most People, that I shall not trouble you with the Description thereof, nor my self with setting forth the several Kinds, sith but only two or three are considerable for their Usefulness.

*Place.*] They are usually found in moist and watry Places, by Wood-sides, and elsewhere.

*Time.*] They flower about June, and their Seed is ripe in July.

*Government and Vertues.*] It is a fine soft pleasing Herb, under the Dominion of the Moon. It is found to be as effectual as Purslain to all the Purposes whereunto it serveth, except for Meat only. The Herb bruised, or the Juice applied

E

(with

(with Cloths or Sponges dipped therein) to the Region of the Liver, and as they dry, to have fresh applied, doth wonderfully temper the heat of the Liver, and

*Hot Liver, Imposthumes, Swellings, red Face, Wheals, Pusshes, Itch, Scabs, Cramp, Convulsion, Palsie, red Eyes, Hemorrhoids, Ulcers, Sinews.* is effectual for all Imposthumes, and Swellings whatsoever; for all redness in the Face, Wheals, Pusshes, Itch, Scabs, the Juice either simple used or boiled with Hogs-grease and applied, the same helpeth Cramps, Convulsions and Palsies. The Juice or distilled Water, is

of much good Use for all heats and redness in the Eyes, to drop some thereof into them: As also into the Ears, to ease Pains in them; and is of good Effect to ease Pains, the heat and sharpness of Blood in the Piles, and generally all Pains in the Body that arise of heat. It is used also in hot and virulent Ulcers and Sores in the Privy Parts of Men or Women, or on the Legs, or elsewhere. The Leaves boiled with Marsh-mallows, and made into a Pultis with Fenugreek and Linseed, applied to Swellings or Imposthumes, ripen and break them, or assuage the Swellings, and ease the Pains. It helpeth the Sinews when they are shrunk by Cramps, or otherwise, and to extend and make them pliable again by this Medicine. Boil an handful of Chick-weed, and a handful of red Rose Leaves dried, but not distilled, in a quart of Muscadine, until a fourth part be consumed, then put to them a Pint of Oyl of Trotters or Sheeps-feet, let them boil a good while, still stirring them well, which being strained, annoint the grieved Place therewith, warm against the Fire, rubbing it well with one Hand, and bind also some of the Herb (if you will) to the Place, and with God's Blessing, it will help it in three times dressing.

### Cich-Pease, or Cicers.

**Descript.]** **T** H E Garden sorts, whether Red, Black or White, bring forth Stalks a Yard long, whereon do grow many small and almost round Leaves, dented about the Edges, set on both Sides of a middle Rib: At the Joints come forth one or two Flowers, upon sharp foot Stalks, Pease fashion, either whit, or whitish, or purplish red, lighter or deeper, according as the Pease that follow will be, that are contained in small, thick and short Pods, wherein lie one or two Pease, more usually, a little pointed.

pointed at the lower End, and almost round at the Head, yet a little corner'd or sharp; the Root is small, and perisbeth yearly.

*Place and Time.*] They are sown in Gardens, or the Fields, as Pease, being sown later than Pease, and gathered at the same time with them, or presently after.

[*Government and Virtues.*] They are both under the Dominion of *Venus*. They are less windy than Beans, but nourish more; they provoke Urine, and are thought to encrease, Sperm; they have a cleansing Faculty, whereby they break the Stone in the Kidneys. To drink the Cream of them being boiled in Water, is the best way. It moveth the Belly downwards, provokes Womens Courses and Urine, encreaseth both Milk and Seed.

*Dysury Seed encrease, Stone, Costiveness, Terms provokes, Pains in the Sides, Obstructions, Stone open, digest, dissolve.*

One Ounce of Cicers, two Ounces of French Barley, and a small Handful of Marsh Mallow Roots, clean washed and cut, being boiled in the Broth of a Chicken; and four Ounces taken in the Morning, and fasting two Hours after, is a good Medicine for a Pain in the Sides. The White Cicers used more for Meat than Medicines, yet have the same Effect, and are thought more powerful to encrease Milk and Seed. The wild Cicers are so much more powerful than the Garden Kinds, by how much they exceed them in Heat and Driness, whereby they do more open Obstructions, break the Stone, and have all the Properties of cutting, opening, digesting, and dissolving; and this more speedily and certainly than the former.

Cinquefoil, or Fiveleaved Grass; called, in some Countries, Fivefingered Grass.

*Descript.*] **I**T spreadeth and creepeth far upon the Ground, with long slender Strings like Strawberries, which take Root again, and shoot forth many Leaves made of five Parts, and sometimes of seven, dented about the Edges, and somewhat hard. The Stalks are slender, leaning downwards and bear many small yellow Flowers thereon, with some yellow threds in the middle, standing about a smooth green Head; which when it is ripe, is a little rough, and containeth small brownish Seeds. The Root is of a blackish brown Colour, so big as ones little Finger, but grow-

ing long with some Threads thereat; and by the small Strings it quickly spreadeth over the Ground.

*Place.*] It groweth by Wood-sides, Hedge-sides, the Path-way in Fields, and in the Borders and Corners of them, almost through all this Land.

*Time.*] It flowereth in Summer, some sooner, some later.

*Government and Virtues.*] This is an Herb of *Jupiter*, and therefore strengthens the parts of the Body it rules; let *Jupiter* be angular and strong when it is gathered; and if you give but a Scruple, (which is but twenty Grains of it) at a time, either in White-wine, or White Wine Vinegar, you shall very seldom miss the Cure of an Ague, be it what Ague soever, in three Fits, as I have often proved to the Ad-

*Agues.*

miriation both of myself and others; let no Man despise it because it is plain and easie, the ways of God are all such. 'Tis the ungodliness and Impudency of Man, that hath made Things hard, and hath (by so doing) made Sport for all the Devils in Hell, and grieved the good Angels; and when you read this, your own Genius (if you be any thing at all acquainted with it) may dictate to you many as good conclusions both of this and other Herbs, It is an especial Herb

*Inflammations, Fevers, Pestilence, sore Mouth, Ulcers, Cancers, Fistula's, Quinsie, Yellow Jaundice, Falling Sickness, Flux, Terms stopt, Whites, Bloody flux, Tooth-ach, Hoarseness, Cough, Palsie of the Hands, Knots in the Flesh, St. Anthony's Fire, Shingles, Scabs, Itch, Joints pained, Sciatica, Ruptures, Gout, Bruises, Falls, Bleeding.*

used in all Inflammations and Fevers, whether infectious or pestilential; or among other Herbs, to cool and temper the Blood and Humours in the Body. As also for all Lotions, Gargles, Injections, and the like for sore Mouths, Ulcers, Cancers, Fistula's, and other corrupt, foul or running Sores. The Juice hereof drunk, about four Ounces at a time, for certain Days together, cureth the Quinsie and Yellow Jaundice; and taken for thirty Days together, cureth the Falling sickness. The Roots boiled in Milk and drank, is a most effectual Remedy for all Fluxes in Man or Woman, whether the White or Red, as also the Bloody-flux. The Roots boiled in Vinegar, and the Decoction thereof held in the Mouth easeth the

Pains in the Tooth-ach. The Juice or Decoction taken with a little

little Honey, helpeth the Hoarseness of the Throat, and is very good for the Cough of the Lungs. The distilled Water of both Roots and Leaves is also effectual to all the Purposes aforesaid; and if the Hands be often washed therein, and suffered at every time to dry in of its self without wiping, it will in a short time help the Palsie, or shaking in them. The Root boiled in Vinegar, helpeth all Knots, Kernels, hard Swellings and Lumps growing in any Part of the Flesh, being thereto applied; as also Inflammations, and St. *Anthony's* Fire, all Imposthumes, and painful Sores, with Heat and Putrefaction, the Shingles also, and all other sorts of running and foul Sores, Sores and Itch. The same also boiled in Wine, and applied to any Joint full of Pain, Ach, or the Gout in the Hands or Feet, or the Hip Gout, called the *Sciatica*, and the Decoction thereof drank the while, doth cure them, and easeth much pain in the Bowels. The Roots are likewise effectual to help Ruptures or Burstings, being used with other things available to that Purpose, taken either inwardly or outwardly, or both; as also for Bruises or Hurts by Blows, Falls or the like, and to stay the Bleeding of Wounds in any part, inward or outward.

Some hold that one Leaf cures a Quotidian, three a Tertian, and four a Quartian Ague, and a hundred to one if it be not *Dioscorides*; for he is full of Whimfies. The Truth is, I never stood so much upon the Number of the Leaves, nor whether I give it in Powder or Decoction: If *Jupiter* were strong, and the *Moon* applying to him, or his good Aspect at the gathering, I never knew it miss the desired Effects.

### Cives.

Called also Rush-Leeks, Chives, Civer, and Sweth.  
*Temperature and Vertues.*] I confess I had not added these, had it not been for a Country Gentleman, who by a Letter certified me, that amongst other Herbs I had left these out; they are indeed a kind of Leeks, hot and dry in the fourth Degree as they are, and also under the the Dominion of *Mars*; if they be eaten raw, (I do not mean raw, opposite to roasted or boiled, but raw, opposite to Chymical Preparation) they send up very hurtful Vapours to the Brain, causing troublesome sleep, and spoiling the Eye sight; yet of them prepared by the Art of the Alchymist, may be made an excellent Remedy for the Stoppage of Urine.

## Clary, or more properly Clear-Eye.

**Descript.]** OUR ordinary Garden Clary hath four square Stalks, with broad, rough, wrinkled, whitish, or hairy green Leaves, somewhat evenly cut in on the Edges, and of a strong sweet Scent, growing some near the Ground, and some by couples upon Stalks, The Flowers grow at certain Distances, with two small Leaves at the Joints under them, somewhat like unto the Flowers of Sage, but smaller, and of a whitish blue Colour. The Seed is brownish and somewhat flat, or not so round as the wild. The Roots are blackish, and spread not far, and perish after the Seed time. It is usually sown, for it seldom riseth of its own sowing.

**Place.]** This groweth in Gardens.

**Time.]** It flowereth in June and July, some a little later than others, and their Seed is ripe in August, or thereabouts.

**Government and Virtues.]** It is under the Dominion of the Moon, The Seed is used to be put into the

Eyes, Swellings, Splinters, Thorns, Inflammations, Boils, Felons, Head, Brain, Lust provokes, Back, Terms provokes.

Eyes to clear them from Motes and such like Things gotten within the Lids to offend them, as also to clear them from white or red Spots on them. The Mucilage of the Seed made with Water, and applied to Tumours, or Swellings, disperseth and taketh them away; as also draweth forth Splinters, Thorns, or other Things gotten into the

Flesh. The Leaves used with Vinegar, either by it self, or with a little Honey, doth help hot Inflammations, as also Boils, Felons, and the hot Inflammations that are gathered by their Pains if it be applied before they be grown too great. The Powder of the dried Root put into the Nose, provoketh Sneezing, and thereby purgeth the Head and Brain of much Rheum and Corruption. The Seed or Leaves taken in Wine, provoketh to Venery. It is of much use both for Men and Women that have weak Backs, and help to strengthen the Reins; used either by it self, or with other Herbs conducing to the same Effect, and in Tansies often. The fresh Leaves dipped in a Batter of Flower, Eggs and a little Milk, and fried in Butter, and served to the Table, is not unpleasant to any, but exceeding profitable for those that are troubled with weak Backs and the Effects thereof. The Juice of the Herb put into

into Ale or Beer, and drunk, bringeth down Womens Courses, and expelleth *Afterbirth*: the *Afterbirth*.

It is an usual course with many Men when they have gotten the Running of the Reins, or Womens the Whites, they run to the Busk of Clary; Maid, bring hither the Frying Pan, fetch me some Butter quickly, then for eating fried Clary, just as Hogs eat Acrons, and this they think will cure their Disease (forsooth) whereas, when they have devoured as much Clary as will grow upon an Acre of Ground, their Backs are much the better, as though they had pissed in their Shoes; nay perhaps much worse.

We will grant that Clary strengthens the Back; but this we deny, That the Cause of the Running of the Reins in Men, or the Whites in Women, lies in the Back (though the Back may sometimes be weakened by them) and therefore the Medicine is as proper, as for me when my Toe is sore, to lay a Plaister to my Nose.

### Wild Clary.

**W**ild Clary is most blasphemously called Christ's Eye; because it cures Diseases of the Eyes. I could wish from my Soul, Blasphemy, Ignorance and Tyranny were ceased among Physicians, that they may be happy, and I joyful.

*Descript.*] It is like the other Clary but lesser, with many Stalks about a Foot and a half high. The Stalks are square and somewhat hairy. The Flowers of a Rush colour. He that knows the common Clary, cannot be ignorant of this.

*Place.*] It grows commonly in this Nation in barren Places; you may find it plentifully, if you look in the Fields near Grays-Inn, and the Fields near Chelsea.

*Time.*] They Flower from the Beginning of June, 'till the latter End of August.

*Government and Virtues.*] It is something hotter and dryer than the Garden Clary is, yet nevertheless under the Dominion of the Moon, as well as that; the Seeds of it being beaten to Powder, and drunk with Wine, is an admirable help to provoke Lust. A Decoction of the Leaves being drunk, warms the Stomach, and 'tis a wonder if it should not, the Stomach being Cancer, the House of the Moon.

*Lust provoketh, coagulated Blood, cold Stomach, sore Eyes, Films in the Eyes, Indigestion.*

Also it helps Digestion, scatters congealed Blood in any part of the Body, and helpeth dimness of Sight. The distilled Water thereof cleanseth the Eyes of redness, waterishness and heat. 'Tis a gallant Remedy for dimness of Sight, to take one of the Seeds of it and put into the Eyes, and there let it remain 'till it drop out of it self, the Pain will be nothing to speak on; it will cleanse the Eyes of all filthy and putrified Matter, and in often repeating of it, will take off a Film which covereth the Sight; a handsomer, safer, and easier Remedy a great deal, than to tear it off with a Needle.

### Cleavers.

**I**T is also called Aparine, Goose-share, Goose-grass, and Cleavers.

*Descript.*] The common Cleavers have divers very rough, square Stalks, not so big as a Tag of a Point, but rising up to be two or three Yards high sometimes, if it meet with any tall Bushes or Trees whereon it may climb, (yet without any claspers) or else much lower, and lying on the Ground full of Joints, and at every one of them shooteth forth a Branch, besides the Leaves thereat, which are usually six, set in a round Compass like a Star or a Rowel of a Spur: From between the Leaves, at the Joints, towards the Tops of the Branches, come forth very small white Flowers at every End upon small thready Foot-stalks, which after they have fallen, there do shew two small, round and rough Seeds, joined together like two Testicles, which when they are ripe, grow hard and whitish, having a little Hole on the Side, somewhat like unto a Navel. Both Stalks, Leaves and Seeds are so rough, that they will cleave to any thing that shall touch them. The Root is small and threddy, spreading much in the Ground, but dyeth every Year.

*Place.*] It groweth by the Hedge and Ditch Sides in many Places of this Land, and is so troublesome an Inhabitant in Gardens, that it rampeth upon, and is ready to choak whatever grows next it.

*Time.*] It flowereth in June or July, and the Seed is ripe, and falleth again in the End of July or August, from whence it springeth up again, and not from the old Roots.

*Government and Virtues.*] It is under the Dominion of the Moon. The Juice of the Herb, and the Seed together taken in Wine, helpeth those that are bitten with an Adder, by preserving the Heart from the Venom. It is familiarly taken in Broth to keep them lean and lank, that are apt to grow fat. The Distilled Water drunk twice a day, helpeth the Yellow Jaundice; and the Decoction of the Herb, in Experience, is found to do the same, and stayeth Lasks and Bloody-Fluxes. The

*Venemous Beasts ,  
Heart, Fatness, Yel-  
low Jaundice, Flux,  
Bloody Flux, Wounds,  
Ulcers , Swellings ,  
King's-Evil, pain in  
the Ears.*

Juice of the Leaves, or they a little bruised and applied to any bleeding Wounds, stayeth the bleeding. The Juice also is very good to close up the Liks of green Wounds, and the Powder of the dried Herb strewed thereupon, doth the same, and likewise helpeth old Ulcers. Being boiled with Hogs-grease, it helpeth all sorts of hard Swellings, or Kernels in the Throat, being anointed therewith. The Juice dropped into the Ears taketh away the pain of them.

It is a good Remedy in the Spring, eaten (being first chopped small, and boiled well) in Water gruel, to cleanse the Blood, and strengthen the Liver, thereby keeping the Body in Health, and fitting it for that change of Season that is coming.

## Clowns Wound-wort.

*Descript.*] **I**t groweth up sometimes to three or four Foot high, but usually about two foot, with square, green, rough Stalks, but slender, joined somewhat far asunder, and two very long, somewhat narrow dark green Leaves bluntly dented about the Edges thereof, ending in a long point. The Flowers stand towards the Tops, compassing the Stalks at the Joints with the Leaves, and end likewise in a spiked top, have long and much gaping hoods of a purplish red Colour, with whitish Spots in them, standing in somewhat rough Husks, wherein afterwards stand blackish round Seeds. The Root is composed of many long strings, with some tubrous long knobs growing among them, of a pale yellowish or whitish Colour, yet sometimes of the year these knobby Roots in many places are not seen in this Plant: The Plant smelleth somewhat strongly.

*Place.*] It groweth in sundry Countries of this Land, both North and West, and frequently by Path-sides in the Fields near about London, and within three or four Miles distant about it, yet it usually grows in or near Ditches.

*Time.*] It flowereth in June and July, and the Seed is ripe soon after.

*Government and Virtues.*] It is under the Dominion of the Planet Saturn. It is singularly effectual in all fresh and green Wounds, and therefore beareth not this Name for nought. And it is very available in stenching of Blood, and to dry up the Fluxes of Humours in old fretting Ulcers, Cankers, &c. that hinder the healing of them.

Wounds, Ulcers, Blood Cankers, Bloody-Flux, Vessels broken, Ruptures, Spitting, pissing, and Vomiting Blood, Veins swelling, Muscles out.

A Syrup made of the Juice of it, is inferiour to none for inward Wounds, Ruptures of Veins, Bloody Flux, Vessels broken, Spitting, Pissing, or Vomiting Blood: Ruptures are excellently, and speedily, even to admiration, cured by taking now and then a little of the Syrup, and applying an Ointment or Plaister of the Herb to the Place. Also if any Vein be swelled or Muscle, apply a Plaister of this Herb to it, and if you add a little Comfrey to it, it will not do amiss. I assure thee the Herb deserves Commendations, though it have gotten but a clownish Name; and whosoever reads this, (if he try it as I have done) will commend it as I have done; only take notice that it is of a dry earthy Quality.

### Cock's-Head, Red Fitchling, or Medick Fetch.

*Descript.*] **T**HIS hath divers weak but rough Stalks, half a Yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath; from the Tops of these Stalks arise up other slender Stalks, naked, without Leaves unto the Tops, where there grow many small Flowers in manner of a Spike, of a pale reddish Colour, with some b'wness among them: After which rise up in their Places, round, rough, and somewhat flat Heads. The Root is tough and somewhat woody, yet liveth and shooteth anew every Year.

*Place.*] It groweth under Hedges, and sometimes in the open Fields, in divers Places of this Land.

*Time* ]

*Time.*] They Flower all the Months of *July* and *August*, and the Seed ripeneth in the mean while.

*Government and Virtues.*] It is under the Dominion of *Venus*. It hath power to rarifie and digest; and therefore the green Leaves bruised and laid as a Plaister, disperse Knots, Knodes, or Kernels in the Flesh; and if when it is dry it be taken in Wine, it helpeth the Stranguary; and being anointed with Oyl it provoketh Sweat. It is a singular Food for Cattel, to cause them to give store of Milk; and why then may it not do the like, being boiled in ordinary drink, for Nurses?

*Knots, and Kernels in the Flesh, Stanguary, Milk in Cattle.*

### Columbines.

These are so well known, growing almost in every Garden, that I think I may save the Expence of Time in writing a Description of them.

*Time.*] They flower in *May*, and abide not for the most part when *June* is past, perfecting their Seed in the mean time.

*Government and Virtues.*] It is also an Herb of *Venus*. The Leaves of Columbines are commonly used in Lotions with good success for sore Mouths and Throats. *Tragus* saith, That a dram of the Seed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for the Yellow Jaundice, if the Party after the taking thereof be laid to sweat well in the Bed. The Seed also taken in Wine causeth a speedy Delivery of Women in Child-birth; if one draught suffice not, let her drink the second, and it is effectual: The Spaniards used to eat a piece of the Root thereof in a Morning fasting many Days together, to help them being troubled with the Stone in the Reins or Kidneys.

*Sore Mouths and Throats, Obstructions, Yellow Jaundice, Womens Travel, Stone*

### Colts-foot.

Called also Cough-wort, Foals-foot, Horse-hoof, and Bulls-foot.

*Descrip.*] This shooteth up a slender Stalk, with small yellowish Flowers somewhat earlier, which fall away quickly, and after they are past, come up somewhat round Leaves, sometimes dented a little about the Edges, much lesser, thicker, and greener than those

those of Butter-bur, with a little Down or Freeze over the green Leaf on the Upper-side, which may be rubbed away, and whitish or mealy underneath. The Root is small and white, spreading much under ground, so that where it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence spring fresh Leaves.

Place.] It groweth as well in wet Grounds as in drier Places.

Time.] And flowereth in the End of February, the Leaves beginning to appear in March.

Government and Virtues.] The Plant is under Venus; the fresh Leaves or Juice, or a Syrup thereof, is good for a hot dry

Cough, Wheezing,  
Shortness of Breath,  
Agues, Inflammations,  
Swellings,  
St. Anthony's Fire,  
Burnings, Cholerick  
Pushes, Piles, Inflammations in the  
Privities.

Cough or Wheezing, and Shortness of Breath. The dry Leaves are best for those that have thin Rheums and Distillations upon their Lungs, causing a Cough, for which also the dried Leaves taken as Tobacco, or the Root is very good. The distilled Water hereof simply, or with Elder Flowers and Nightshade is a singular good Remedy against all hot Agues, to drink two Ounces at a time, and apply Cloths wet therein to the

Head and Stomach, which also does much good, being applied to any hot Swellings or Inflammations: It helpeth St. Anthony's Fire and Burnings, and is singular good to take away Wheals and small Pushes that arise through Heat; as also the burning Heat of the Piles, or Privy-Parts, Cloths wet therein being thereunto applied.

### Comfrey.

Descript.] THE common great Comfrey hath divers and very large and hairy green Leaves lying on the Ground, so hairy, or prickly, that if they touch any tender Parts of the Hands, Face, or Body, it will cause it to itch; the Stalk that riseth up from among them, being two or three Foot high, hollow, and cornered, is very hairy also, having many such like Leaves as grow below, but lesser and lesser up to the Top: At the Joints of the Stalks it is divided into many Branches, with some Leaves thereon; and at the Ends stand many Flowers in order one above another, which are somewhat long and hollow like the Finger of a Glove, of a pale whitish Colour, after which come small

*Small black Seeds.* The Roots are great and long, spreading great thick Branches under Ground, black on the outside, and whitish within, short or easie to break, and full of glutinous or clammy juice, of little or no Taste at all.

There is another sort in all Things like this, save only it is somewhat less, and beareth Flowers of a pale purple Colour.

*Place.]* They grow by Ditches and Water sides, and in divers Fields that are moist, for therein they chiefly delight to grow. The first generally through all the Land, and the other but in some several places.

By the leave of my Authors, I know the first grow often dry places.

*Time.]* They flower in June or July, and give their Seed in August.

*Government and Vertues.]* This is also an Herb of Saturn, and I suppose under the Sign Capricorn, cold dry and earthy in Quality. What was spoken of Clowns Wound-wort, may be said of this. The great Comfrey helpeth those that spit Blood, or make a Bloody Urine. The Root boiled in Water or Wine, and the Decoction drunk, helpeth all inward Hurts, Bruises, and Wounds, and Ulcers of the Lungs, causing the Flegm that oppresseth them to be easily spit forth: It stayeth the Desfluxions of Rheum from the Head upon the Lungs, the Fluxes of Blood or Humours by the Belly, Womens immoderate Courses, as well as the Reds as the Whites, and the running of the Reins, happening by what cause soever. A Syrup made thereof is very effectual for all those inward Grievs and Hurts, and the distilled Water for the same purpose also, and for outward Wounds and Sores in the fleshy or sinewy part of the Body whatsoever; as also to take away the Fits of Agues, and to allay the sharpness of Humours.

*Spitting and Pissing Blood, inward Wounds and Bruises, Pissick.*

*Bloody Flux, Terms stopt, Whites, Nerves cut, Muscles cut, sharp Humours, Wounds, Ruptures, broken Bones, knotted Breasts, Hemorrhoids, Inflammation, Gout, Pained Joints, Gangreens,*

A Decoction of the Leaves hereof is available to all the Purposes, tho' not so effectual as the Roots. The Roots being outwardly applied, help fresh Wounds or Cuts immediately, being bruised and laid thereto; and is especially good for Ruptures and broken Bones; yea it

is said to be so powerful to consolidate and knit together, that they be boiled with dislevered Pieces of Flesh in a Pot, it will join them together again. It is good to be applied to Womens Breasts that grow sore by the abundance of Milk coming into them. Also to repress the overmuch bleeding of the Hæmorrhoids, to cool the Inflammations of the Parts thereabouts, and to give ease of Pains. The Roots of Comfrey taken fresh, beaten small, and spread upon Leather, and laid upon any Place troubled with the Gout, doth presently give ease of the Pains; and applied in the same manner, giveth ease to pained Joints, and profiteth very much for running and moist Ulcers, Gangreens, Mortifications, and the like, for which it hath by often Experience been found helpful.

### Coral-Wort.

**I**T is also called by some, Tooth-Wort, Tooth-Violet, Dog-Teeth Violet, and Dentaria.

*Description.*] Of the many Sorts of this Herb, two of them may be found growing in this Nation; the first of which shooteth forth one or two winged Leaves, upon long brownish Foot-Stalks, which are doubled down at their first coming out of the Ground; when they are fully opened, they consist of seven Leaves, most commonly of a sad green Colour, dented about the Edges, set on both Sides the middle Rib, one against another, as the Leaves of the Ash Tree; the Stalk beareth no Leaves on the lower half of it; the upper half beareth sometimes three or four, each consisting of five Leaves, sometimes of three; on the Top stand four or five Flowers upon short Foot-Stalks, with long Husks; the Flowers are very like the Flowers of Stock Gilliflowers, of a pale purplish Colour, consisting of four Leaves apiece, after which come small Cods, which contain the Seed; the Root is very smooth, white and shining; it doth not grow downwards, but creeping along under the upper Crust of the Ground, and consisteth of divers small round Knobs set together; toward the top of the Stalk there grows some single Leaves, by each of which cometh a small cloven Eub, which when it is ripe, if it be set in the Ground, it will grow to be a Root.

As for all the other Coral-wort, which groweth in this Nation, 'tis more scarce than this, being a very small Plant, not much unlike Crow-foot; therefore some think it to be one of the Sorts of Crow-foot: I know not where to direct

direct you to it, and therefore I shall forbear the Description.

*Place.*] The first groweth in *Mayfield* in *Suffex*, in a Wood called *Highbread*, and in another Wood there also, called *Foxholes*.

*Time.*] They Flower from the latter End of *April* to the Middle of *May*: and before the Middle of *July* they are gone, and not to be found.

*Government and Vertues.*] It is under the Dominion of the *Moon*. It cleanseth the Bladder, and provoketh Urine, expels Gravel, and the Stone, it easeth Pains in the Sides and Bowels, is excellent good for inward Wounds, especially such as are made in the Breasts or Lungs, by taking a Dram of the Powder of the Root every Morning in Wine; the same is excellent good for Ruptures, as also to stop Fluxes; an Ointment made of it, is excellent good for Wounds and Ulcers; for it soon dries up the watry Humour which hinders the Cure.

*Dysury, Gravel, Stone, Sides, Bowels, Wounds in the Breast and Lungs, Ruptures, Fluxes, Wounds and Ulcers.*

### *Costmary, or Alcost, or Balsam Herb.*

**T**HIS is so frequently known to be an Inhabitant in almost every Garden, that I suppose it needless to write a Description thereof.

*Time.*] It flowereth in *June* and *July*.

*Government and Vertues.*] It is under the Dominion of *Jupiter*. The ordinary *Costmary*, as well as *Maudlin*, provoketh Urine abundantly, and moistneth the

Hardness of the mother; it gently purgeth Choler and Flegm, extenuating that which is gross, and cutting that which is tough and glutinous; cleanseth that which is foul, and hindreth Putrefaction and Corruption; it dissolveth without Attraction, openeth Obstructions, and healeth their evil Effects, and it is a wonderful Help to all Sorts of dry Agues.

It is astringent to the Stomach, and strengtheneth the Liver, and all the other inward Parts; and taken in Whey, worketh the more effectually. Taken fasting in the Morning, it is very profitable for the Pains

*Dysury, Womb, Choler, Flegm, Putrefaction, Corruption, Obstructions, Quotidian Agues, Stomach, Liver, Headach, Rheum, raw Humours, Cachexia, Worms, Ulcers.*

in the Head, that are continual, and to stay, dry up and consume all thin Rheums or Distillations from the Head into the Stomach, and helpeth much to digest raw Humours that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole Body, called *Cachexia*, being especially in the beginning of the Disease. It is an especial Friend, and help to evil, weak and cold Livers. The Seed is familiar given to Children for the Worms, and so is the infusion of the Flower in White-wine given them to the quantity of two Ounces at a time; it maketh an excellent Salve to cleanse and heal old Ulcers, being boiled with Oil of Olive, and Adder's Tongue with it, and after it is strained, put a little Wax, Rosin and Turpentine to bring it into a convenient Body.

### Cudweed, or Cotten-weed.

**B**esides *Budweed*, and *Cotten-weed*, it is also called *Chafweed*, *Dwarf-Cotton*, and *Petty-Cotton*.

*Description.*] The common Cudweed riseth up with one Stalk sometimes, and sometimes with two or three, thick set on all sides with small, long and narrow whitish or woody Leaves from the middle of the Stalk almost up to the top; with every Leaf standeth a small Flower of a dun or brownish yellow Colour, or not so yellow as others; in which Herbs after the Flowers are fallen, come small Seed wrapped up, with the Down therein, and is carried away with the Wind; the Root is small and threddy.

There are other sorts hereof, which are somewhat lesser than the former, not much different, save only that as the Stalks and Leaves are shorter, so the Flowers are paler and more open.

*Place.*] They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

*Time.*] They flower about July; some earlier, some later, and their Seed is ripe in August.

*Government and Virtues.*] Venus is Lady of it. The Plants are all astringent, or binding and drying, and therefore profitable for defluxions of Rheum from the Head, and to stay Fluxes of Blood wheresoever, the decoction being made into red Wine and drunk, or the Powder taken therein: It also helpeth the Bloody Flux, and easeth

Bind, dry Fluxes,  
Terms, ill stopped  
Ruptures, Worms,  
Tenasmus, Wounds,  
Bleeding, Ulcers,  
Quinsy.

ease the Torments that come thereby, stayeth the immoderate Courses of Women, and is also good for inward or outward Wounds, Hurts and Bruises, and helpeth Children both of Burstings and the Worms, and the Disease called *Tenasmus*, which is an often provocation to the Stool, and doing nothing, being either drunk or injected. The green Leaves bruised, and laid to any green Wound, stayeth the Bleeding, and healeth it up quickly. The Decoctions or Juice thereof doth the same, and helpeth all old and filthy Ulcers quickly. The Juice of the Herb taken in Wine and Milk is as *Pliny* saith, a sovereign Remedy against the Mumps and Quinsy; and further saith, That whosoever shall so take it, shall never be troubled with that Disease again.

### Cowslips, or Peagles.

**B**oth the Wild and Garden Cowslips are so well known, that I will neither trouble my self, nor the Reader with a Description of them.

*Time.*] They flower in *April* and *May*.

*Government and Vertues.*] *Venus* lays claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough, the Ointment or distilled Water of it adds Beauty, or at least restores it when it is lost. The Flower are held to be more effectual than the Leaves, and the Roots of little use. An Ointment being made with them, taketh away Spots and Wrinkles of the Skin, Sun-burning, and Freckles and adds Beauty exceedingly; they remedy all infirmities of the Head, coming of Heat and Wind; as Vertigo, Ephialties, false Apparitions, Phrensies, Falling Sicknes, Palsies, Convulsions, Cramps, Pains in the Nerves; the Roots ease Pains in the Back and Bladder, and open the Passages of Urine. The Leaves are good in Wounds, and the Flowers take away Trembling. If the Flowers be not well dried and kept in a warm place, they will soon putrify and look green: Have a special Eye over them. If you let them see the Sun once a Month, it will do neither the Sun nor them harm.

*Spots, Wrinkles, Sun-burn, Head, Heat, Wind, Beauty adds, Vertigo, Ephialtes, Convulsions, Cramps, Back, Bladder, Wounds, Trembling, Phrensies, Falling-sickness, Palsy.*

Because

Because they strengthen the Brain and Nerves, and remedy Palsies, the *Greeks* gave them the Name *Paralysis*: The Flowers preserved or conserved, and the Quantity of a Nutmeg eaten every Morning, is a sufficient Dose for inward Diseases; but for Wounds, Spots, Wrinkles, and Sunburning, an Ointment is made of the Leaves and Hogs-grease.

### Crabs-Claws.

**C**alled also Water-Sengreen, Knights Pond-Wort, Water-Houseleek, Pond-Weed, and Fresh-Water-Soldier.

**Description.]** It hath sundry long narrow Leaves, with sharp Prickles on the Edges of them, also very sharp pointed; the Stalks which bear Flowers, seldom grow so high as the Leaves, bearing a forked Head like a Crab's Claw, out of which comes a white Flower, consisting of three Leaves, with divers yellowish hairy Threads in the Midd's; it taketh Root in the Mud in the Bottom of the Water.

**Place.]** It groweth plentifully in the Fens in Lincolnshire.

**Time.]** It Flowers in June, and usually from thence till August.

**Government and Vertues.]** 'Tis a Plant under the Dominion of Venus, and therefore a great Strengthenr of the Reins; it is excellent good in that Inflammation

Reins, St. Anthony's Fire, Inflammations and Swellings in Wounds, Kidneys bruised, pissing Blood, Terms stop't.

which is commonly call'd St. Anthony's Fire; it asswageth all Inflammations and Swellings in Wounds; and an Ointment made of it, is excellent good to heal them; there is scarce a better Remedy growing than this is, for such as have bruised their Kidneys, and upon that

Account pissing Blood; a Dram of the Powder of the Herb taken every Morning, is a very good Remedy to stop the Terms.

Black-

## Black-Cresses.

**Descript.** **I**T hath long Leaves, deeply cut and jagged on both Sides, not much unlike Wild Mustard; the Stalks be small, very limber, tho' very tough; you may twist them round as you may a Willow, before they break. The Stanes be very small and yellow, after which comes small Cods, which contain the Seed.

**Place.]** It is a common Herb, grows usually by the Waysides, and sometimes upon Mud-Walls about London, but it delights most to grow amongst Stone and Rubbish.

**Time.]** It Flowers in June and July, and the Seed is ripe in August and September.

**Government and Vertues.]** 'Tis under the Dominion of Mars, and is a Plant of a hot and biting Nature; the Truth is, the

Seed of Black-Cresses, strengthens the Brain exceedingly, being in performing that Office, little inferior to Mustard-Seed, if at all; they are excellent good to stay those Rheums which may fall down from the Head upon the Lungs: you may beat the Seed into Powder if you please, and make it up into an Ele-

Brain, Rheums,  
Lungs, Cough, Yel-  
low Jaundice, Sci-  
atica, Inflamma-  
tions in the Breast  
and Testicles.

Quary with Honey; so you have an excellent Remedy by you, not only for the Premises, but also for the Cough, Yellow Jaundice, and Sciatica. The Herb boiled into a Pulvis, is an excellent Remedy for Inflammations both in Womens Breasts, and Mens Testicles.

## Sciatica-Cresses.

**Descript.]** **T**Hese are of two Kinds: The first ariseth up with a round Stalk, about two Foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut or torn on the Edges, somewhat like Garden Cresses, but smaller; the Flowers are small and white, growing at the Tops of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in Taste, more than the Cresses of the Garden: The Root is long, white, and woody.

The other bath the lower Leaves whole, somewhat long and broad, not torn at all, but only somewhat deeply dented about the Edges towards the Ends; but those that grow up higher are lesser. The Flowers and Seeds are like the former, and so is the Root likewise, and both Root and Seed as sharp as it.

Place.] These grow by the Way-sides in untilled Places, and by the sides of old Walls.

Time.] They flower in the End of June, and their Seed is ripe in July.

Government and Vertues.] It is a Saturnine Plant. The Leaves, but especially the Root, taken fresh in Summer-time, beaten and made into a Pultis or Salve with old Hogsgrease, and applied to the places pained with the Sciatica, to continue thereon four Hours if it be on a Man, and two Hours on a Woman; the place afterwards bathed with Wine and Oyl mixed together; and then wrapped with Wool, or Skins after they have sweat a little, will assuredly Cure not only the same Disease in Hips, Hucklebone, or other of the Joints, as Gout in the Hands or Feet, but all other old Grievs of the Head, (as inveterate Rheums) and other parts of the Body that are hard to be cured. And if of the former Grievs any parts remain, the same Medicine after twenty Days is to be applied again. The same is also effectual in the Disease of the Spleen, and applied to the Skin, it taketh away the Blemishes thereof, whether they be Scars, Leprosy, Scabs or Scurf, which altho' it ulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax, esteem of this as another Secret.

### Water-Cresses.

Descript.] **O**UR ordinary Water-Cresses spread forth with many weak hollow sappy Stalks, shooting out Fibres at the Joints, and upwards long winged Leaves made of sundry broad, sappy, almost round Leaves, of a brownish Colour. The Flowers are many and white, standing on long Foot-stalks, after which come small yellow Seed, contained in small long Pods like Horns. The whole Plant abideth green in the Winer, and tasteth somewhat hot and sharp.

Place.]

*Place.*] They grow (for the most part) in small standing Waters, yet sometimes in small Rivulets of Running Water.

*Time.*] They Flower and Seed in the beginning of Summer.

*Government and Vertues.*] It is an Herb under the Dominion of the Moon. They are more powerful against the Scurvy, and to cleanse the Blood and Humours, than Brook-lime is, and serve in all the other uses in which Brook-lime is available, as to break the Stone, and provoke Urine and Womens Courses. The decoction thereof cleanseth Ulcers, by washing them therewith.

*Scurvy, Blood, Humours, Stone, Dysury, Terms provokes, Ulcers, Freckles, Pimples, Spots, Dulness, Lethargy.*

The Leaves bruised, or the Juice, is good to be applied to the Face, or other parts troubled with Freckles, Pimples, Spots, or the like, at Night, and washed away in the Morning. The Juice mixed with Vinegar, and the fore-part of the Head bathed therewith, is very good for those that are dull and drowsie, or have the Lethargy.

Water-Cress Pottage, is a good Remedy to cleanse the Blood in the Spring, and help Head-achs, and consume the gross humours Winter hath left behind; those that would live in health, may use it if they please; if they will not, I cannot help it. If any fancy not Pottage, they may eat the Herb as a Sallet.

### Cross-wort.

*Descript.* **C**ommon Cross-wort groweth up with square hairy brown Stalks little above a foot high, having four small broad and pointed, hairy, yet smooth green Leaves, growing at every Joint, each against other cross way, which has caused the Name. Towards the tops of the Stalks at the Joints, with the Leaves in three or four rows downwards, stand small, pale, yellow Flowers, after which come small blackish round Seeds, four for the most part set in every Husk. The Root is very small, and full of Fibres, or Threads, taking good hold of the Ground, and spreading with the Branches a great deal of Ground, which perish not in winter, although the Leaves die every year, and spring again anew.

*Place.*] It groweth in many moist Grounds, as well Meadows as untilld places about London, in Hampstead Church-yard, at Wye in Kent, and sundry other Places.

*Time.*]

*Time.*] It flowereth from *May* all the Summer long, in one Place or other, as they are more open to the *Sun*; the Seed ripeneth soon after.

*Government and Vertues.*] It is under the Dominion of *Saturn*.

*Wounds inward and outward, Flegm, Obstructions, Stomach, Bowels, Ruptures.* This is a singular good Wound Herb, and is used inwardly, not only to stay bleeding of Wounds, but to consolidate them, as it doth outwardly any green Wound, which it quickly fodereth up and healeth. The Decoction of the Herb

in Wine, helpeth to expectorate Flegm out of the Chest, and is good for Obstructions in the Breast, Stomach, or Bowels, and helpeth a decayed Appetite. It is also good to wash any Wound or Sore with, to cleanse and heal it. The Herb bruised, and then boiled, and applied outwardly for certain Days together, renewing it often; and in the mean Time, the Decoction of the Herb in Wine, taken inwardly every Day, doth certainly cure the Rupture in any, so as it be not too inveterate; but very speedily, if it be fresh and lately taken.

### Crow-Foot.

**M**Any are the Names this furious biting Herb hath obtained, almost enough to make up a *Welshman's* Pedigree, if he fetch no farther than *John of Gaunt*, or *William the Conqueror*; for it is called *Frog's foot*, from the *Greek* Name *Barrakion*: *Crow-foot*, *Gold-knobs*, *Gold-cups*, *King's-knob*, *Bassiners*, *Troil-flowers*, *Polts*, *Locket-goulions*, and *Butter-flowers*.

Abundance are the Sorts of this Herb, that to describe them all, would tire the Patience of *Socrates* himself; but because I have not yet attained to the Spirit of *Socrates*, I shall but describe the most usual.

*Descript.*] The most common *Crow-foot* hath many dark green Leaves, cut into divers Parts, in Taste biting and sharp, biting and blistering the Tongue; it bears many Flowers, and those of a bright, resplendent, yellow Colour, I do not remember, that I ever saw any Thing yellower. *Virgins* in ancient Time used to make Powder of them to furrow Bride Beds; after which Flowers come small Heads, some spiked and rugged like a *Pine-Apple*

*Place.]*

*Place.*] They grow very common every where; unless you turn your Head into a Hedge, you cannot but see them as you walk.

*Time.*] They flower in *May* and *June*, even till *September*.

*Government and Vertues* ] This fiery and hot spirited Herb of *Mars*, is no way fit to be given inwardly, but an Ointment of the Leaves or Flowers will draw a Blister, and may be so fitly applied to the Nape of the Neck, to draw back Rheum from the Eyes. The Herb being bruised, and mixed with a little Mustard, draws a Blister as well, and as perfectly as *Cantharides*, and with far less Danger to the Vessels of Urine, which *Cantharides* naturally delight to wrong: I knew the Herb once applied to a Pestilential Rising that was fallen down, and it saved Life even beyond Hope; it were good keeping an Ointment and Plaister of it, if it were but for that.

### Cuckow-point.

**I**T is called *Airon*, *Fauns*, and *Barba-arón*, *Calves-foot*, *Ramp*, *Starch-wort*, *Cuckow-pintle*, *Priest's pintle*, and *Wake Robin*.

*Descript.*] This shooteth forth three, four, or five Leaves at the most, from one Root, every one whereof is somewhat large and long, broad at the Bottom, next the Stalk, and forked, but ending in a point, without cut on the Edges, of a full green Colour, each standing upon a thick round Stalk, of a handfull Breadth long, or more, among which, after two or three Months that they begin to wither, riseth up a bare, round, whitish, green Stalk, spotted and streaked with purple, somewhat higher than the Leaves: At the Top whereof standeth a long, hollow Huse or Husk, close at the Bottom, but open from the Middle upwards, ending in a Point; in the Middle whereof stand the small, long Pestle or Clapper, smaller at the Bottom than at the Top, of a dark purple Colour, as the Husk is on the Inside, though green without; which after it hath so abided for some Time, the Husk with the Clapper decayeth, and the Foot or Bottom thereof groweth to be a small long Bunch of Berries, green at the first, and of a yellowish red Colour when they are ripe, of the Bigness of a Hazel-Nut Kernel, which abideth thereon almost until Winter; the Root is round, and somewhat long, for the most part lying along, the Leaves shooting forth at the bigger End, which when it beareth his Berries, are somewhat wrinkled and loose, another growing under it, which is solid and firm, with many small Threads hanging thereat.

thereat. The whole Plant is of a very sharp biting Taste, pricking the Tongue as Nettles to the Hands, and so abideth for a great while without alteration. The Root hereof was antiently used instead of Starch to starch Linnen withal.

There is another sort of Cuckow pint, with lesser Leaves than the former, and sometimes harder, having blackish Spots upon them, which for the most part abide longer green in Summer than the former, and both Leaves and Roots are more sharp and fierce than it: In all Things else it is like the former.

*Place.*] These two sorts grow frequently almost under every Hedge-side in many places of this Land.

*Time.*] They shoot forth Leaves in the Spring, and continue but until the middle of Summer, or somewhat later; their Husks appearing before they fall away; and their Fruit shewing in April.

*Government and Vertues.*] It is under the Dominion of Mars. *Tragus* reporteth, That a Dram weight, or more, if need be of the spotted *Wake Robin*, either fresh and green, or dried, being eaten and taken, it is a most present and sure Remedy for Poyson and the Plague. The Juice of the Herb taken to the quantity of a Spoonful, hath the same effect. But if there be a little Vinegar

*Poison, Plague, Boil, Difficulty of Breath, Cough.*

added thereunto, as well as unto the Root aforesaid, it somewhat allayeth the sharp biting Taste thereof upon the Tongue. The green Leaves bruised, and laid upon any Boil or Plague-sore, doth wonderfully help to draw forth the Poyson: A Dram of the Powder of the dried Root taken with twice so much Sugar in the form of a licking Electuary, or the green Root, doth wonderfully help those that are pursie and short-winded, as also those that have a Cough; it breaketh, digesteth, and riddeth away Flegm from the Stomach, Chest and Lungs. The Milk wherein the Root hath been boiled, is effectual also for the same purpose. The said Powder taken in Wine or other Drink, or the Juice of the Berries, or the Powder of them, or the Wine wherein they have been boiled; provoketh Urine, and bringeth down Womens Courses, and purgeth them effectually after Child-bearing, to bring away the After-birth. Taken with Sheeps-Milk, it healeth the inward Ulcers of

*Flegm, Dysury, Terms provokes, After birth, Ulcers, Itch, Ruptures Polypus, Eyes, Throat, Jaws, Gout, Piles or Hemorrhoids, Funda-*

the Bowels. The distilled Water hereof *ment Falling down,*  
 is effectual to all the purposes aforesaid: *Scurf, Freckles,*  
 A Spoonful taken at a time, healeth the *Spots, Blemished.*  
 Itch; and an Ounce or more taken at  
 a time for some Days together doth help the Rupture: The  
 Leaves either green, or dry, or the Juice of them, doth  
 cleanse all manner of rotten and filthy Ulcers in what part of  
 the Body soever, and healeth the stinking Sores in the Nose,  
 called *Polypus*. The Water wherein the Root hath been boiled,  
 dropped into the Eyes, cleanseth them from any Film or  
 Skin, Cloud or Mists, which begin to hinder the Sight, and  
 helpeth the watering and redness of them; or when by  
 some chance they become black and blue. The Root mixed  
 with Bean-flower, and applyed to the Throat or Jaws that are  
 inflamed, helpeth them. The Juice of the Berries boiled in Oil  
 of Roses, or beaten into Powder mixed with the Oil, and  
 dropped into the Ears, easeth pains in them. The Berries, or  
 the Roots beaten with hot Ox-dung and applied, easeth the  
 pains of the Gout. The Leaves and Roots boiled in Wine  
 with a little Oil, and applied to the Piles, or the falling  
 down of the Fundament, easeth them; and so doth sitting  
 over the hot Fumes thereof. The fresh Roots bruised, and  
 distilled with a little Milk, yieldeth a most Sovereign Water  
 to cleanse the Skin from *Scurf, Freckles, Spots or Blemishes,*  
 whatsoever therein.

Authors have left large Commendation of this Herb you  
 see, but for my part, I have neither spoken with Dr. Reason,  
 or Dr. Experience about it.

*Cucumbers, or, (according to the pronounciation  
 of the Vulgar) Cowcumbers.*

*Government and Vertues.* **T**Here is no Dispute to be made, but that  
 they are under the Dominion of the Moon,  
 though they are so much cried out aginst for their Coldness,  
 and if they were but one Degree colder they would be Poy-  
 son. The best of Galinists hold them to be cold and moist in  
 the second Degree, and then not so hot as  
 either Lettice or Purslain: They are *Stomach hot, Liver*  
 excellent good for a hot Stomach, and *hot, Humours raw,*  
 hot Livers; the unmeasurable use of *Skin cleanseth, hot*  
 them, fills the Body full of raw Humours *Rheums in the Eyes,*  
 and

provokes Urine, and  
cleanses the Passages,  
Ulcers in the Bladder,  
Red Face, Sun burn-  
ing, Freckles, Mor-  
phew.

and so indeed the unmeasurable use of any thing else doth harm. The Juice of Cucumbers, the Face being washed with it, cleanseth the Skin, and is excellent good for hot Rheums in the Eyes; the Seed is excellent good to provoke Urine, and cleanseth the passages thereof when they are stopped. Neither do I think there is a better Remedy for Ulcers in the Bladder growing than Cucumbers are. The usual course is to use the Seeds in Emulsions, as they make Almond Milk; but a better way far (in my Opinion) is this, when the Season of the Year is, to take the Cucumbers and bruise them well and distil the Water from them and let such as are troubled with Ulcers in the Bladder, drink no other drink. The Face being washed with the same Water, cureth the reddest Face that is; it is also excellent good for Sun-burning, Freckles and Morphew.

### Dasies.

These also are so well known almost to every Child, that I suppose it altogether needless to write any Description of them. Take therefore the *Vertues* of them as followeth.

*Government and Vertues.*] The Herb is under the Sign Cancer, and under the Dominion of *Venus*, and therefore excellent good for Wounds in the Breast, and very fitting to be kept both in Oyls, Ointments and Plaisters, as also in Syrup. The greater *Wounds inward and outward, Choler, Liver, Breast, Ulcers, Swellings, Kernels, Bruises, Falls, Ruptures, Burnings, Inflammations.*

wild *Dasie* is a Wound Herb of good respect, often used in those Drinks or Salves that are for Wounds, either inward or outward. The Juice or distilled Water of these, or the small *Dasies*, doth much temper the heat of Choler, and refresheth the Liver, and the other inward parts. A Decoction made of them and drunk, helpeth to cure the wounds made in the hollowness of the Breast. The same also cureth all Ulcers and Pustules in the Mouth or Tongue, or in the secret Parts. The Leaves bruised and applied to the Cods, or to any other parts that are swollen and hot, doth dissolve it, and temper the heat. A Decoction made hereof of Wall-wort and Agrimony, and the places fomented or bathed therewith

warm,

Warm, giveth great ease to them that are troubled with the Palsie, Sciatica, or the Gout. The same also disperseth and dissolveth the Knots or Kernels that grow in the Flesh of any part of the Body, and Bruises and Hurts that come of Falls and Blows; they are also used for Ruptures, and other inward Burnings, with very good success. An Ointment made hereof, doth wonderfully help all Wounds that have Inflammations about them, or by reason of moist Humours having access unto them, are kept long from healing, and such are those for the most part that happen to the Joints of the Arms or Legs. The Juice of them dropped into the running Eyes of any, doth much help them.

### *Dandelyon, vulgarly called Piss-a-Beds.*

**Descript.]** **I**t is so well known to have many long and deep gashed Leaves, lying on the Ground round about the head of the Root; the ends of each gash or jag on both sides looking downwards towards the Root; the middle Rib being white, which broken yieldeth abundance of bitter Milk, but the Root much more; from among the Leaves, which always abide green, arise many slender, weak, naked Foot-stalks, every one of them bearing at the Top one large yellow Flower, consisting of many rows of yellow Leaves, broad at the points, and nicked in with a deep Spot of yellow in the middle, which growing ripe, the green Husk wherein the Flower stood, turneth it self down to the Stalk, and the Head of Downe becometh as round as a Ball; with long, reddish Seed underneath, bearing a part of the Down on the Head of every one, which together is blown away with the Wind, or may be at once blown away with ones Mouth, The Root growing downwards exceeding deep, which being broken off within the ground, will not withstanding shoot forth again, and will hardly be destroyed where it hath once taken deep Root in the Ground.

**Place.]** It groweth frequently in all Meadows, and Pasture-grounds.

**Time.]** It flowereth in one place or other almost all the year long.

**Government and Vertues.]** It is under the Dominion of Jupiter. It is of an opening and cleansing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondrical Passions. It wonderfully openeth the Passages of the Urine

*Openeth, Cleanseth  
Obstructions, Liver,  
Gall, Spleen, Jaun-  
both,*

dice, Hypochondriacal Melancholly, Dysury, Consumption, Cachexia, Watching, Heat, Agues, Pestilence.

both in young and old. It powerfully cleanseth Apophthumes and inward Ulcers in the Uritary Passage, and by the drying and temperate Quality, doth afterwards heal them; for which purpose the Decoction of the Roots or Leaves in White-Wine, or the Leaves chopped as Pot-

herbs with a few Alifanders, and boiled in their Broth, is very effectual. And who so is drawing towards a Consumption, or an evil disposition of the whole Body, called *Cachexia*, by the use hereof for some time together, shall find a wonderful help. It helpeth also to procure Rest and Sleep to Bodies distemper'd by the heat of Ague-Fits, or otherwise: The distilled Water is effectual to drink in Pestilential Fevers, and to wash the Sores.

You see here what Vertues this common Herb hath, and that's the Reason the *French* and *Dutch* so often eat them in the Spring; and now if you look a little further, you may see plainly, without a pair of Spectacles, that Foreign Physicians are not so selfish as ours are, but more communicative of the Vertues of Plants to People.

### Darnel.

**I**T is called *Fury* and *Wray*, in *Suffex* they call it *Crop*, it being a Pestilent Enemy amongst Corn.

*Descript.*] This hath all the Winter long, sundry, long, flat, and rough Leaves, which when the Stalk riseth, which is slender and jointed, are narrower, but rough still; on the Top groweth a long spike, composed of many Heads set one about another, containing two or three Husks, with sharp, but short Beards of Awns at the end; the Seed is easily shaken out of the Ear, the Husk it self being somewhat rough.

*Place.*] The Country Husbandmen do know this too well to grow among their Corn, or in the Borders and Pathways of other Fields that are fallow.

*Government and Vertues.*] It is a malicious Plant of fullen Saturn. As it is not without some Vices, so hath it also many Vertues, The Meal of Darnel is very good to stay Gangreens, and other such Leprosie, Morphey, like fretting and eating Cankers, and putrid

putrid Sores: It also cleanseth the Skin of all Leprosies, Morpheus, Ring-worms, and the like, if it be used with Salt and Raddish Roots. And being used with quick Brimstone, and Vinegar, it dissolveth Knots and Kernels, and breaketh those that are hard to be dissolved, being boiled in Wine with Pidgeons dung and Linseed: A Decoction thereof made with Water and Honey, and the places bathed therewith, is profitable for the Sciatica. Darnel Meal applied in a Pultis, draweth forth Splinters and broken Bones in the Flesh: The red Darnel boiled in red Wine and taken, stayeth the Lask and all other Fluxes, and Womens bloody Issues; and restraineth Urine that passeth away too suddenly.

Ring-worms, Sciatica, Thorns, Splinters, Broken Bones, Diabetes.

## Dill.

**Descript.]** THE common Dill groweth up with seldom more than one Stalk, neither so high nor so great usually as Fennel, being round and fewer Joints thereon, whose Leaves are sadder, and somewhat long, and so like Fennel, that it deceiveth many, but harder in handling, and somewhat thicker and of a stronger unpleasant Scent: The Tops of the Stalks have four Branches, and smaller Umbles of yellow Flowers, which turn into small Seed, somewhat flatter and thinner than Fennel seed. The Root is somewhat small and woody, perishing every year after it hath born Seed; and is also unprofitable, being never put to any use.

**Place.]** It is most usually sown in Gardens and Grounds for the Purpose, and is also found wild in many places.

**Government and Vertues.]** Mercury hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain.

The Dill being boiled and drunk, is good to ease Swellings and Pains; it also stayeth the Belly and Stomach from casting. The Decoction thereof helpeth Women that are troubled with the Pains and Windiness of the Mother, if they sit therein.

It stayeth the Hiccough being boiled in Wine, and but smelled unto, being tied to a Cloth. The Seed is of more use than the Leaves, and more effectual to digest raw and viscous Humours, and is used in Medicines that

Swelling, Pains, Loosness, Vomiting, Mother, Hiccough, raw Humours.

*Wind, Imposthumes, Ulcers, Terms provoke.* serve to expel Wind and the Pains proceeding therefrom. The Seed being roasted or fryed, and used in Oyls or Plaisters, dissolveth the Impostumes in the Fundament; and drieth up all moist Ulcers, especially in the Fundament; an Oil made of Dill is effectual to warm or dissolve Humours and Imposthumes, to ease Pains, and to procure Rest. The Decoction of Dill, be it Herb or Seed (only if you boil the Seed you must bruise it) in White-wine, being drunk, it is a gallant expeller of Wind, and provoker of the Terms.

### Devils bit.

**Descript.]** **T**His riseth up with a round, green smooth Stalk, about two foot high, set with divers long, and somewhat narrow, smooth, dark green Leaves, somewhat snip'd about the Edges, for the most part, being else all whole, and not divided at all, or but very seldom, even to the tops of the Branches, which yet are smaller than those below, with one Rib only in the middle. At the end of each Branch standeth a round head of many Flowers set together in the same manner, or more neatly than the Scabious, and of a more bluish purple Colour which being past, there followeth Seed that falleth away. The Root is somewhat thick, but short and blackish with many Strings, abiding after Seed time a Learned Tale cost, many years. This Root was longer, until the Devil (as the Friars say) bit away the rest of it for spight, envying its usefulness unto Mankind: For sure he was not troubled with any Disease for which it is proper.

There are two other sorts hereof, in nothing unlike the former, save that the one beareth white, and the other bluish coloured Flowers.

**Place.]** The first groweth as well in dry Meadows and Fields, as moist, in many places of this Land: But the other two are more rare, and hard to meet with, yet they are both found growing Wild about Appledore, near Rye in Kent.

**Time]** They flower not usually until August.

**Government and Vertues.]** The Plant is Venereal, pleasing and harmless. The Herb or the Root (all that the Devil hath left of it) being boiled in Wine, and drunk, is very powerful

ful against the Plague, and all Pestilential Diseases or Fevers, Poisons also, and the bitings of Venemous Beasts: It also helpeth those that are inwardly bruised by any casualty, or outwardly by Falls or blows, dissolving the clotted Blood; and the Herb or Root beaten and outwardly applied, taketh away the black and blue Marks that remain in the Skin. The Decoction of the Herb, with Honey of Roses put therein, is very effectual to help the inveterate Tumours and Swellings of the Almonds and Throat, by often gargling the Mouth therewith. It helpeth also to procure Womens Courses, and easeth all Pains of the Mother, and to break and disperse Winds therein, and in the Bowels. The Powder of the Root taken in Drink, driveth forth the Worms in the Body. The Juice or distilled Water of the Herb is effectual for green Wounds, or old Sores, and cleanseth the Body inwardly, and the Seed outwardly from Sores, Scurf, Itches, Pimples, Freckles, Morpew, or other Deformities thereof, especially if a little Vitriol be dissolved therein.

*Pestilence, Fevers, Poison, Venemous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Mother, Wind, Worms, Wounds, Scurf, Itch,*

*Dandriff, Pimples, Freckles.*

### Dock.

**M**Any kinds of these are so well known, that I shall not trouble you with a Description of them: My Book grows big too fast.

*Government and Vertues.*] All Docks are under Jupiter, of which the Red Dock which is commonly called Blood-wort, cleanseth the Blood, and strengthens the Liver; but the yellow Dock Root is best to be taken when either the Blood or Liver is afflicted by Choler. All of them have a kind of cooling (but not all alike) drying quality, the Sorrel being most cold, and the Blood-worts most drying. Of the Burdock I have spoken already by himself. The Seed of most of the other kinds, whether the Garden or Field, do stay Lasks and Fluxes of all sorts, the loathing of the Stomach through Choler, and is helpful for those that spit Blood. The Roots boiled in Vine-

*Cleanses the Blood, Strengthens the Liver.*

*Flux, loathing of Meat, spitting Blood, Scabs, Itch, Freckles, Morpew.*

gar helpeth the Itch, Scabs, and breaking out of the Skin, if it be bathed therewith. The distilled water of the Herb and Roots have the same Vertue, and cleanseth the Skin of Freckles, Morpew, and all other spots, and discolourings therein.

All *Docks* being boiled with Meat make it boil the sooner. Besides, Blood-wort is exceeding strengthening to the Liver, and procures good Blood, being as wholesome a Pot-herb as any grows in a Garden; yet such is the nicety of our times (forsooth) that Women will not put it into the Pot because it makes the Potrage black; Pride and Ignorance, (a couple of Monsters in the Creation) preferring Nicety before Health.

### Dodder of Thyme, Epithymum, and other Dodders.

Descript.] **T**His first from Seeds giveth Roots in the Ground, which shooteth forth Threads or Strings, grosser or finer, as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastneth, be it high or low. The Strings have no Leaves at all upon them, but wind and interlace themselves so thick upon a small Plant, that it taketh away all comfort of the Sun from it; and is ready to choak or strangle it. After these Strings are risen up to that height, that they may draw nourishment from the Plant, they seem to be broken off from the Ground either by the strength of their rising, or withered by the heat of the Sun. Upon these Strings are found Clusters of small Heads on Husks, out of which start forth whitish Flowers, which afterwards give small pale colour'd Seed, somewhat flat, and twice as big as Poppy seed. It generally participates of the nature of the Plant which it climbeth upon; but the Dodder of Thyme is accounted the best, and is the only true Epithymum.

Government and Vertues.] All Dodders are under Saturn. Tell not me of Physicians crying up Epithymum, or that Dodder which grows upon Thyme, (most of which comes from Hemetius in Greece, or Hybla in Sicilia, because those Mountains abound with Thyme) he is a Physician indeed, that hath wit enough to chuse his Dodder, according to the nature of the Disease and Humour peccant. We confess, Thyme is the hottest Herb it usually grows upon; and therefore that which grows upon Thyme, is hotter than that which grows

grows upon colder Herbs; for it draws nourishment from what it grows upon, as well as from the Earth where its Root is; and thus you see old Saturn wise enough to have two strings to his Bow. This is accounted the most effectual for Melancholick Diseases, and to purge black or burnt Choler, which is the cause of many diseases of the Head and Brain, as also for the trembling of the Heart, Faintings, and Swoonings. It is helpful in all Diseases and Grievs of the Spleen, and that Melancholy, that arise from the Windiness of the Hypochondria. It purgeth also the Reins or Kidneys by Urine, it openeth Obstructions of the Gall, whereby it profiteth them that have the Jaundice; as also the Liver and Spleen: Purg- ing the Veins of the Cholerick and Flegmetick Humours, and helpeth Children Agues, a little Worm-seed being put thereto.

*Melancholy, adust  
Cholar, Trembling,  
Fainting, Swooning,  
Spleen, Hypochon-  
dria, Obstructions,  
Gall, Jaundice, Li-  
ver, Dysury.*

The other Dodders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West-Country, hath by experience been found very effectual to procure plenty of Urine where it hath been stopped or hindred. And so of the rest.

Sympathy and Antipathy are two Hinges upon which the whole Model of Physick turns; and that Physician which minds them not, is like a Door off from the Hooks, more like to do a Man mischief, than to secure him. Then all the diseases Saturn causeth, this helps by Sympathy, and strengthens all the parts of the Body he rules; such as be caused by Sol, it helps by Antipathy. What those diseases are, see my Judgment of Diseases by Astrology; and if you be pleased to look the Herb Worm-wood, you shall find a Rational way for it.

## Dogs-Grass, Quich-Grass, or Couch-Grass.

Descript.] **I**T is well known, that this Grass creepeth far about under Ground, with long white jointed Roots, and small Fibres almost at every Joint, very sweet in Taste, as the rest of the Herb is, and interlacing one another, from whence shoot forth many fair grassy Leaves, small at the ends, and cutting.

or sharp on the Edges. The Stalks are jointed like Corn with the like Leaves on them, and a large spiked Head with a long Husk in them, and hard rough Seed in them. If you know it not by this Description, watch the Dogs when they are sick, and they will quickly lead you to it.

*Place.*] It groweth commonly through this Land in divers ploughed Grounds, to the no small Trouble of the Husbandman, as also of the Gardiners, in Gardens to weed it out if they can; for it is a constant Customer to the Place it gets footing in:

*Government and Vertues.*] 'Tis a gentle Remedy under the Dominion of Jupiter. This is most medicinable of all the Quick-grasses. Being boiled and drunk, it openeth Obstruc-

*Liver, Gall, Dysury, Gripping, Inflammations, Ulcers in the Bladder, Wounds, Vomiting, Worms, Stopplings.*

tions of the Liver and Gall, and the stopping of the Urine, and easeth the griping Pains of the Belly, and Inflammations: wasteth the Matter of the Stone in the Bladder, and the Ulcers thereof also. The Roots bruised and applied do consolidate Wounds. The Seed doth more powerfully expel Urine, and stayeth the Lask

and Vomiting. The distilled Water alone, or with a little Wormseed, killeth the Worms in Chidren.

The way of Use is to bruise the Roots, and having well boiled them in white-wine, drink the Decoction; 'tis opening, but not purging, very safe: 'Tis a Remedy against all Diseases coming of stopping, and such are half those that are incident to the Body of Man; and although a Gardiner be of another Opinion, yet a Physician holds half an Acre of them to be worth five Acres of Carrots twice told over.

### Doves foot, or Cranes-bill.

*Descript.*] **T**HIS hath divers small, round, pale green Leaves, cut in about the Edges, much like Mallows, standing upon long, reddish, hairy Stalks, lying in a round Compass upon the Ground; among which rise up two, or three, or more reddish, jointed, slender, weak, hairy Stalks, with such like Leaves thereon, but smaller, and more cut in up to the Tops, where grow many very small bright red Flowers of five Leaves apiece; after which follow small Heads, with small short Beaks pointed forth, as all other sorts of these Herbs do.

*Place.*]

*Place.*] It groweth in Pasture Grounds, and by the Path-  
sides in many places, and will also be in Gardens.

*Time*] It flowereth in *June, July, and August*, some earlier  
and some later; and the Seed is ripe quickly after.

*Government and Vertues.*] It is a very gentle, though Mar-  
tial Plant. It is found by Experience to be singular good for  
the Wind-Cholick, and Pains thereof;  
as also to expel the Stone and Gravel  
in the Kidneys. The decoction there-  
of in Wine, is an excellent good  
Cure for those that have inward  
Bruises, both to stay the Bleeding, to  
dissolve and expell the congealed Blood,  
and to heal the parts, as also to cleanse  
and heal outward Sores, Ulcers, and  
Fistulaes; and for green Wounds,  
many do but bruise the Herb, and ap-  
ply it to the place, and it healeth them quickly. The same  
Decoction in Wine fomented to any place pained with the  
Gout, or to Joynt-aches, or pain of the Sinews, giveth much  
ease. The Powder or Decoction of the Herb taken for some  
time together, is found by experience to be singular good for  
Ruptures and Burstings in People either young or old.

Cholick, Blood, Gra-  
vel, Wounds.

Wounds, Hurts, or

Congealed Blood,  
Sores, Ulcers, Fi-  
stulaes, Gout, Si-  
news, Ruptures.

## Ducks-meat.

**T**His is so well known to swim on the top of standing  
Waters; as Ponds, Pools, and Ditches, that is need-  
less further to describe it.

*Government and Vertues.*] Cancer claims the Herb, and the  
Moon will be Lady of it; a Word is e-  
nough to a wise Man. It is effectual to  
help Inflammations, and St. Anthony's Fire  
as also the Gout, either applied by it  
self, or in a Pultis with Barley-Meal. The  
distilled Water by some is highly esteem-  
ed against all inward Inflammations,  
and Pestilent Fevers; as also to help the Redness of the Eyes,  
and Swellings of the Cods, and of the Breast before they be-  
grown too much. The fresh Herb applied to the Forehead,  
safeth the pains of the Head-ach coming of heat.

Inflammation, St.  
Anthony's fire, Pe-  
stilence, Eyes, Swel-  
lings of the Cods,  
Head ach.

## Down or Cotton-Thistle.

**Descript.]** **T**His hath many large Leaves lying on the Ground, somewhat cut in, and as it were crumpled on the Edges, of a green Colour on the upper side, but covered with long hairy Wool or Cottony Down, set with most sharp and cruel pricks, from the middle of whose Heads of Flowers, thrust forth many purplish crimson Threads, and sometimes (although very seldom) white ones. The Seed that followeth in the Heads, lying in a great deal of white down, is somewhat large, long and round, like the Seed of Ladies Thistle but somewhat paler. The Root is great and thick, spreading much, yet it usually dieth after Seed-time.

**Place.]** It groweth in divers Ditches, Banks, and in Corn-Fields, and Highways, generally every where throughout the Land.

**Time.]** It flowreth and beareth Seed about the end of Summer, when other Thistles do Flower and Seed.

**Government and Vertues.]** Mars owns the Plant, and manifests to the World, that though it may hurt your Finger, it will help your Body, for I fancy it much for the ensuing Vertues.

**Pliny and Dioscorides write,** That the Leaves and Roots hereof taken in Drink, help those that have a Crick in the Neck; whereby they can turn their Neck, but their whole Body

**Wry, Neck.** must turn also (sure they do not mean those that have got a Crick in their Neck by being under the Hangman's hand.) *Galen* saith, that the Root and Leaves hereof, are of a heating Quality; and good for such Persons, as have their Bodies drawn together by some Spasm or Convulsion, as

**Spasmus, Convulsions,** it is with Children that have the Rickets, **Rickets.** or rather (as the Colledge of Physicians will have it) the *Rachites*, for which name

for the disease they have (in a particular Treatise lately set forth by them) learnedly disputed and put forth to publick View, that the World may see, they have took much pains to little purpose.

## Dragons.

**T**hey are so well known to every one that plants them in their Gardens, they need no description; if not, let them look down to the lower end of the Stalks, and see how like a Snake they look.

*Government and Virtues.*] The Plant is under the Dominion of Mars, and therefore it would be a wonder if it should want some obnoxious quality or other; in all Herbs of that quality, the safest way is either to distill the Herb in an Alembick, in what Vehicle you please, or else to press out the Juice, and distill that in a Glass Still in Sand. It scoureth and cleanseth the internal parts of the Body mightily, and it cleareth the external parts also, being externally applied, from Freckles, Morpew, and Sun-burning: your best way to use it externally, is to mix it with Vinegar; an Ointment of it is held to be good in Wounds and Ulcers; it consumes Cankers, and that Flesh growing in the Nostrils, which they call *Polypus*. Also the distilled water being dropped into the Eyes, takes away Spots there, as also Pin and Web, and mends the dimness of Sight; it is excellent good against the Pestilence and Poyson. *Pliny* and *Dioscorides* affirm, that no Serpent will meddle with him that carries this Herb about him.

Scoureth, Cleanseth,  
Freckles, Morpew,  
Sunburning, Wounds,  
Ulcers, Cankers, Poly-  
pus, Spots in the Eyes,  
Pin and Web, Sight  
helpeth, Pestilence,  
Poyson, Venomous  
Beasts.

## The Elder-Tree.

I Hold it needless to write any Description of this, sith every Boy that plays with a Pot-gun will not mistake another Tree instead of Elder. I shall therefore in this place only describe the Dwarf-Elder, called also Dand-wort, and Wall-wort.

## The Dwarf-Elder.

*Descript.*] **T**His is but an Herb every Year dying with his Stalks to the Ground, and rising afresh every Spring, and is like unto the Elder, both in form and quality, rising up with a four square rough hairy Stalk, four Foot high, or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of Purple, standing in Umbles, very like the Elder also, but more sweet in Scent; after which come small blackish Berries, full of Juice, while they are fresh, wherein there is small hard hard Kernels, or Seed. The Root doth creep under the upper crust of the Ground, springing afresh in divers Places, being of the bigness of ones Finger, or Thum, sometimes.

*Place.*]

*Place.*] The Elder-Tree groweth in Hedges, being planted there to strengthen the Fences, and Partitions of Ground, and to hold up the Banks by Ditches and Water-Courses.

The Dwarf Elder groweth wild in many places of *England*, where being once gotten into a Ground, it is not easily gotten forth again.

*Time.*] Most of the Elder-Trees flower in *June*, and their Fruit is ripe for the most part in *August*.

But the Dwarf Elder, or Wall-wort, flowereth somewhat later, and his Fruit is not ripe until *September*.

*Government and Vertues.*] Both Elder and Dwarf-Elder are under the Dominion of *Venus*. The first shoots of the Common Elder boiled like Asparagus, and the young Leaves and Stalks boiled in fat Broth, do mightily carry forth Flegm and Choler. The middle or inward Bark boiled in Water, and given in Drink, worketh much more violently and the Berries, either green or dry, expel the same Humours, and are often given with good success to help the Dropsie; the Bark of the Root boiled in Wine, or the Juice thereof drunk, worketh the same Effects, but more powerfully than either the Leaves or Fruit. The Juice of the Root taken, doth mightily provoke Vomit, and purgeth the watry humours of the Dropsie. The Decoction of the Root taken, cureth the biting of the Adder, and biting of Mad dogs; it mollifieth the hardness of the Mother, if Women sit thereon, and openeth their Veins, and bringeth down their Courses: The Berries boiled in Wine, perform the same effect; and the Hair of the Head washed therewith, is made black. The Juice of the green Leaves applied to the hot Inflammations of the Eyes asswageth them. The Juice of the Leaves snuffed up into the Nostrils, purgeth the Tunicles of the Brain. The Juice of the Berries boiled with a little Honey, and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk, provoke Urine, the distilled water of the Flowers, is of much use to clean the Skin from Sun-burning, Freckles, Morpew, or the like; and taketh away Head aches, coming of a cold Cause, the Head being bathed therewith. The Leaves or Flowers distilled in

the Month of *May*, and the Legs often washed with the said distilled water, it taketh away the Ulcers and Sores of them.

The Eyes washed therewith, it taketh away the Redness and Blood shot. And the Hands washed Morning and Evening therewith, helpeth the Palsie, and shaking of them.

The Dwarf Elder is more powerful than the Common Elder in opening and purging Choler, Flegm, and Water, in helping the Gout, Piles, and Womens Diseases, coloureth the Hair black, helpeth the Inflammations of the Eyes, and pains in the Ears, the biting of Serpents, or a mad Dog, Burnings and Scaldings, the Wind Cholick, Cholick and Stone, the difficulty of Urine, the cure of old Sores, and Fistulous Ulcers.

*Gout, Inflammations,  
Burning, Scalding,  
Cholick, Stone, Dysury*

Either Leaves or Bark of Elder stripped upwards as you gather it, causeth Vomiting; but stripped downwards, it purgeth downwards. Also Dr. Butler in a Manuscript of his, commends Dwarf-Elder to the Sky for Dropsies, viz. To drink it, being boiled in White-wine, to drink the Decoction, I mean, not the Elder.

## The Elm-Tree.

**T**His Tree is so well known growing generally in all Countries of this Land, that it is needless to describe it.

*Government and Vertues.*] It is a cold and Saturnine Plant. The Leaves hereof lurised and applied, heal green Wounds, being bound thereon with its own Bark. The Leaves, or the Bark used with Vinegar, cureth Scurf and Leprosie very effectually: The decoction of the Leaves, Bark, or Root, being bathed, heals broken Bones, The water that is found in the Bladders on the Leaves while it is fresh, is very effectual to cleanse the Skin, and make it fair; and

*Wounds, Scurf, Leprosie, Beauty, Ruptures, Swellings, Baldness, Gout, Burning.*

if Cloths be often wet therein, and applied to the Ruptures of Children, it healeth them, if they be after well bound up with a Truss. The said water put into a Glass, and set into the Ground, or else in Dung for twenty five Days, the Mouth thereof being close stopped, and the bottom set upon a Lay

of

of ordinary Salt, that the Faces may fettle, and Water become very clear, is a singular and sovereign Balm for Green Wounds, being used with soft Tents: The Decoction of the Bark of the Root fomented, mollifieth hard Tumours, and the shrinking of the Sinews. The Roots of the Elm boiled for a long time in Water, and the fat arising on the top thereof, being clean scummed off, and the Place anointed therewith that is grown Bald, and the Hairs fallen away, will quickly restore them again. The said Bark ground with Brine and Pickle, until it come to the form of a Pultifs, and laid on the place pained with the Gout, giveth great Ease. The Decoction of the Bark in Water, is excellent to bath such Places as have been burned with Fire.

## Endive.

*Description.*] **C**ommon Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one Year, quickly running up to Stalk and Seed, and then perisheth; it hath blue Flowers, and the Seed of the ordinary Endive is so like Succory Seed, that it is hard to distinguish them.

*Government and Virtues.*] It is a fine cooling, cleansing, jovial Plant. The Decoction of the Leaves, or the Juice, or the distilled Water of Endive, serveth well to cool the excessive heat in the Liver, and Stomach, and in the hot fits of Agues, and all other Inflammations in any part of the Body, it cooleth the heat and sharpness of the Urine, and Excoriations in the Urinary Parts. The Seeds are of the same Property, or rather more Powerful, and besides are available for Faintings, Swoonings, and Passions of the Heart.

Outwardly applied, they serve to temper the sharp Humours of fretting Ulcers, hot Tumours and Swellings, and Pestilential Sores; and wonderfully help not only the redness and Inflammations of the Eyes, but the dimness of the Sight also; they are also used to allay the pains of the Gout.

You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Fevers. See the End of this Book, and the *English Dispensatory*.

## Elicampane.

**Description.]** **I**T shooteth forth many large Leaves, long and broad, lying near the Ground, small at both Ends, somewhat soft in Handling, of a whitish green on the upper side, and gray underneath, each set upon a short foot Stalk; from among which rise up divers great and strong hairy Stalks, three or four foot high, with some Leaves thereupon compassing them about at the lower end, and are branched toward the Tops; bearing divers great and large Flowers, like those of the Corn Marigold, both the border of Leaves, and the middle thrum being yellow, which turn into Down, with long, small, brownish Seed among it, and is carried away with the Wind. The Root is great and thick, branched forth divers ways, blackish on the outside, and white within, of a very bitter Taste, and strong, but good Scent, especially when they are dried, no part else of the Plant having any Smell.

**Place.]** It groweth in moist Grounds and shadowy Places, oftner than in the dry and open borders of Fields and Lanes, and in other waste Places, almost in every County of this Land.

**Time.]** It flowereth in the end of June and July, and the Seed is ripe in August. The Roots are gathered for Use, as well in the Spring before the Leaves come forth, as in Autumn, or Winter.

**Government and Virtues.]** It is a Plant under the Dominion of Mercury. The fresh Roots of Elicampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a Cold and Windy Stomach, or the pricking therein, and Stitches in the Sides caused by the Spleen; and to help the Cough, shortness of Breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken, serveth to the same Purpose, and is also profitable for those who have their Urine stopped, or the stopping of Womens Courses, the Pains of the Mother, and of the Stone in the Reins, Kidneys or Bladder: It resisteth Poyson, and stayeth the spreading of the Venom of Serpents, as also putrid and Pestilential Fevers, and the Plague it self. The Roots and Herb beaten and

Cold Stomach, Wind;  
Stitch, Spleen, Cough,  
shortness of Breath,  
Wheezing, Terms  
provokes.

*Mother, Stone, Poyson,  
Venemous Beasts, Pe-  
silence, Eyes, Worms,  
loose Teeth, spitting  
Blood, Cramps, Con-  
vulsions Gout, Joints,  
Itch, Cankers, Freckles  
Morphew, Spots.*

and put into new Ale or Beer, and daily drunk, cleareth, strengthneth and quickneth the Sight of the Eyes wonderfully. The decoction of the Roots in Wine, or the Juice taketh therein, killeth and driveth forth all manner of Worms in the Belly, Stomach, and Maw; and gargled in the Mouth, or the Root chewed, fastneth loose Teeth, and helps to keep them from putrefaction; and being drunk

is good for those that spit Blood, helpeth to remove Cramps or Convulsions, and the pains of the Gour, the Sciatica, the Loosness and Pains in the Joints or those Members that are out of Joynt, by cold or moisture hapning to them, applied outwardly as well as inwardly, and is good for those that are bursten, or have any inward Bruise. The Root boiled well in Vinegar, beaten afterwards, and made into an Ointment with Hogs-Suet, or Oyl of Trotters, is an excellent Remedy for Scabs or Itch in young or old; The places also bathed or washed with the Decoction, doth the same; it also helpeth all sorts of filthy old putred Sores or Cankers whatsoever. In the Roots of this Herb lieth the chief effect for all the Remedies aforesaid. The distilled water of the Leaves and Roots together, is very profitable to cleanse the Skin of the Face, or other parts from any Morphew, Spots or Blemishes therein, and make it clear.

### Eringo, or Sea-Holly.

**Descript.]** THE first Leaves of our ordinary Sea-holly, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the Edges, hard and sharp pointed, and a little crumpled, of a blewish green Colour, every one upon a long Foot-stalk; but those that grow up higher with the Stalk, do as it were compass it about. The Stalk itself is round and strong, yet somewhat crested with Joints, and Leaves set thereat, but more divided, sharp and prickly; and Branches rising from thence, which have likewise other small Branches, each of them bearing several blewish round prickly Heads, with many small, jagged, prickly Leaves under them, standing like a Star, and sometimes found greenish or whitish: The Root groweth

groweth wonderful long, even to eight or ten Foot in length, set with Rings and Circles, toward the upper part, but smooth and without Joints down lower, brownish on the outside, and very white within, with a pith in the middle, of a pleasant Taste, but much more, being artificially perserved, and candied with Sugar.

*Place*] It is found about the Sea Coast in almost every Country of this Land which bordereth upon the Sea.

*Time*] It flowereth in the End of Summer, and giveth ripe Seed within a Month after.

*Government and Vertues.*] The Plant is Venereal, and breedeth Seed exceedingly, and strengthens the Spirit procreative; it is hot and moist, and under the Celestial Balance. The Decoction of the Root hereof in wine, is very effectual to open Obstructions of the Spleen and Liver, and helpeth Yellow Jaundice, the Dropsie, the pains of the Loins, and wind Cholick, provoketh Urine, and expelleth the Stone, procureth Womens Courses. The continued use of the decoction for fifteen Days, taken fasting and next to Bed-ward, doth help the Stranguary, the Pissing by Drops, the stopping of Urine, and Stone, and all defects of the Reins and Kidneys; and if the said Drink be continued 'æguo] is said that it perfectly cureth the Stone, and that Experience hath found it so. It is found good against the French Pox. The Roots bruised and applied outwardly, helpeth the Kernel of the Throat, commonly called the King's Evil; or taken inwardly, and applied to the place stung or bitten by any Serpent, healeth it speedily: If the Roots be bruised and boiled in old Hogs-grease, or salted Lard, and applied to broken Bones, Thorns, &c. remaining in the Flesh, they do not only draw them forth but heal up the place again, gathering new Flesh where it was consumed: The Juice of the Leaves dropped into the Ears, helpeth Imposthumes therein. The distilled water of the whole Herb when the Leaves and Stalks are young, is profitably drunk for all the purposes aforesaid; and helpeth the Melancholy of the Heart, and is available in Quartan and Quotidian Agues; as also for them that have their Necks drawn

drawn awry, and cannot turn them without turning their whole Body.

## Eye-Bright.

Description.] **C**ommon Eye bright is a small low Herb, rising up usually but with one blackish green Stalk a span High, or not much more, spread from the bottom into sundry Branches, whereon are set small and almost round, yet pointed, dark green Leaves, finely snipped about the Edges, two always set together, and very thick: At the Joints with the Leaves, from the middle upward, come forth small white Flowers, striped with purple and yellow Spots, or Stripes; after which follow small round Heads, with very small Seed therein. The Root is long, small, and thready at the End.

Place.] It groweth in Meadows, and grassie Places in this Land.

Government and Virtues.] It is under the Sign of the *Lion*, and *Sol* claims Dominion over it. If this Herb were but as much used as it is neglected, it would half spoil the Spectacle Makers Trade; and a Man would think, that Reason should teach People to prefer the Preservation of their Natural before Artificial Spectacles; which, that they may be instructed how to do, take the Virtues of Eye-bright as followeth:

The Juice, or distilled Water of Eye-bright, taken inwardly in White-wine or Broth, or dropped into the Eyes for divers Days together, helpeth all Infirmities of the Eyes that cause dimness of Sight. Some make

*Eyes, Dimness, Brain,* Conserve of the Flowers to the same  
*Memory:* effect. Being used any of these Ways, it also helpeth a weak Brain or Memory.

This tanned up with Strong Beer, that it may work together, and drunk; or the Powder of the dried Herb mixed with Sugar, a little Mace, and Fennel-seed, and drunk, or eaten in Broth; or the said Powder made into an Electuary made with Sugar, and taken, hath the same powerful Effect to help and restore the Sight decayed through Age; and *Arnoldus de Villa nova* saith, it hath restored Sight to them that have been Blind a long time before.

## Fern.

**Description.]** **O**F this there are two kinds principally to be treated of, viz. The Male and Female. The Female groweth higher than the Male, but the Leaves thereof are lesser, and more divided, or dented, and of as strong a smell as the Male; the Virtues of them are both alike, and therefore I shall not trouble you with any Description or Distinction of them.

**Place.]** They grow both on Heaths, and in shady Places near the Hedge-sides in all Counties of this Land.

**Time.]** They Flower and give their Seed at *Midsummer*.

The Female Fern is that Plant which is in *Sussex* called *Brakes*, the Seed of which some Authors hold to be so rare: Such a thing there is I know, and may be easily had upon *Midsummer Eve*, and for ought I know, two or three Days after it, if not more.

**Government and Virtues.]** It is under the Dominion of *Mercury*, both Male and Female. The Roots of both those sorts of Ferns, being bruised and boiled in Mead, or Honeyed Water, and drunk, killeth both the broad and long Worms in the Body, and abateth the Swelling and Hardness of the Spleen. The green Leaves eaten, Purge the Belly and Cholerick and Waterish Humours, but it troubles the Stomach. They are dangerous for Women with Child to meddle with, by reason they cause Abortments. The Roots bruised and boiled in Oyl, or Hogs-grease, make a very profitable Ointment to heal Wounds, or Pricks gotten into the Flesh. The Powder of them used in foul Ulcers, drieth up their malignant moisture, and causeth their speedier healing. Fern being burned, the smoak thereof driveth away Serpents, Gnats, and other noisom Creatures, which in Fenny Countries do, in the Night time, trouble and molest People lying in their Beds with their Faces uncovered; it causeth Barrenness.

*Worms, Spleen, Choler, Flegm, Stomach, Wounds, Ulcers, Serpents, Gnats, Venomous Beasts.*

## Osmond Royal, or Water-Fern.

**Descript.]** **T**His shooteth forth in the Spring time (for in the Winter the Leaves perish) divers rough hard Stalks, half round, and hollowish, or flat on the other side, two Foot high, having divers Branches of winged yellowish green Leaves on all sides, set one against another, longer, narrower, and not nicked on the Edges as the former. From the top of some of these Stalks grow forth a long bush of small, and more yellowish green, scaly Aylets, as it were, set in the same manner on the Stalks as the Leaves are, which are accounted the Flowers and Seeds. The Root is rough, thick and scabby, with a white pith in the middle, which is called the Heart thereof.

**Place.]** It groweth on Moors, Bogs and watry places in many parts of this Land.

**Time.]** It is green all the Summer, and the Root only abideth in Winter.

**Government and Vertues.]** Saturn owns the Plant. This hath all the Vertues mention'd in the former Ferns, and is much more effectual than they, both for inward and outward Grievs, and is accounted singular good in Wounds, Bruises, Wounds, Bruises, or the like. The decoction to be drunk or boiled into an Ointment or Oyl, as a Balsam or Balm, and so it is singular good against Bruises, and Bones broken, or out of Joint, and giveth much ease to the Cholick and Splenetick Diseases; as also for Ruptures or Burstings. The Decoction of the Root in White wine, provokes Urine exceedingly, and cleanseth the Bladder and passages of Urine.

## Featherfew.

**Descript.]** **C**ommon Featherfew hath many large, fresh, green Leaves, very much torn or cut on the Edges. The Stalks are hard and round, set with many such like Leaves, but somewhat smaller, and at the tops stand many single Flowers, upon small Foot-stalks, consisting of many small white Leaves, standing round about a yellow Thrum in the middle. The Root is some-

*somewhat hard and short, with many strong Fibres about it. The Scent of the whole Plant is very strong and stuffing, and the Taste is very bitter.*

*Place.*] This grows wild in some places of the Land, but is for the most part nourished in Gardens.

*Time.*] It flowereth in the Months of *June* and *July*.

*Government and Vertues.*] *Venus* commands the Herb, and hath commended it to succour her Sisters, (*Women*) and to be a general strengthner of their Wombs, and remedies such Infirmities as a careless Midwife hath there caused; if they will but be pleased to make use of her Herb boiled in White-wine, and drink the Decoction, it cleanseth the Womb, expelleth the After-birth, doth the Woman all the good she can desire of an Herb. And if any grumble because they cannot get the Herb in Winter, tell them if they please, they may make a Syrup of it in Summer; it is chiefly used for the

Disease of the Mother, whether it be the strangling or rising of the Mother, or hardness, or Inflammations of the same, applied outwardly thereunto. Or a Decoction of the Flowers in Wine, with a little Nutmeg or Mace put therein, and drunk often in a Day, is an approved Remedy to bring down Womens Courses speedily, and helpeth to expel the Dead-birth, and After-birth. For a Woman to

*Mother, Womb, Terms provokes, Dead birth, After-birth, Cough, Reins, Bladder, Cholera, Flegm, Melancholy, Sadness, Head-ach, Ague, Deformity of the Skin, Wind-Cholick, Opium.*

sit over the hot fumes of the decoction of the Herb made in Water or Wine, is effectual for the same; and in some Cases, to apply the boiled Herb warm to the Privy-parts. The Decoction thereof made with some Sugar or Honey put thereto, is used by many with good success to help the Cough and stuffing of the Chest, by Colds, as also to cleanse the Reins and Bladder, and helps to expel the Stone in them. The Powder of the Herb taken in Wine, with some Oxymel, purgeth both Cholera and Flegm, and is available for those that are short Winded, and are troubled with Melancholy and Heaviness or sadness of Spirits. It is very effectual for all Pains in the Head coming of a cold Cause, the Herb being bruised and applied to the Crown of the Head: As also for the Vertigo, that is, a turning or swimming of the Head. The Decoction thereof drunk

*warm*

warm, and the Herb bruised with a few Corns of Bay-salt, and applied to the wrists before the coming of the Ague-fits, doth take them away. The distilled water taketh away Freckles, and other Spots and Deformities in the Face. The Herb bruised and heated on a Tile, with some Wine to moisten it, or fried with a little Wine and Oyl in a Frying-pan, and applied warm outwardly to the places, helpeth the Wind and Cholick in the lower part of the Belly. It is an especial Remedy against Opium taken too liberally.

## Fennel.

**E**very Garden affordeth this so plentifully, that it needs no Description.

*Government and Vertues.*] One good old fashion is not yet left off, viz. To boil Fennel with Fish; for it consumes that Aegmetick Humour which Fish most plentifully afford and annoy the Body by; therefore it is a most fit Herb for that purpose, tho' few that use it, know why or wherefore they do it; I suppose the reason of its benefit this way, is, because it is an Herb of *Mercury*, and under *Virgo*, and therefore bears Antipathy to *Pisces*. Fennel is good to break Wind, to provoke

Urine, and ease the pains of the Stone, and help to break it. The Leaves or Seeds boiled in Barley-Water and drunk, are good for Nurses, to encrease their Milk, and make it more wholesome for the Child. The Leaves, or rather the Seeds, boiled in Water, stayeth the Hic-cough, and taketh away the loathings which oftentimes happen to the Stomachs of Sick and Feverish Persons, and allayeth the heat thereof. The Seed boiled in Wine, and drunk, is good for those that are bitten with Serpents, or have eaten poysonous Herbs or Mush-rooms. The Seed and the Roots much more help to open Obstructions of the Liver, Spleen and Gall, and thereby help the painful and windy Swellings of the Spleen, and the Yellow Jaundice; as also the Gout and Cramps. The Seed is of good use in Medicines to help shortness of

Breath,

Breath and Wheezing by stopping of the Lungs. It helpeth also to bring down the Courses, and to cleanse the parts after Delivery. The Roots are of most use in Physick-drinks and Broths that are taken to cleanse the Blood, to open Obstructions of the Liver, to provoke Urine, and amend the ill colour in the Face after sickness, and to cause a good habit through the Body. Both Leaves, Seeds and Roots thereof are much used in Drink or Broth, to make People more spare and lean that are too fat. The distilled Water of the whole Herb or the condensate Juice dissolved, but especially the Natural Juice that in hot Countries issueth out hereof of its own accord, dropped into the Eyes, cleanseth them from Mists and Films that hinder the Sight. The sweet Fennel is much weaker in Physical Uses than the common Fennel. The wild Fennel is stronger and hotter than the tame, and therefore most powerful against the Stone, but not so effectual to encrease Milk, because of its driness.

**Sow-Fennel, or Hog's-ennel.**

**B**esides the common Name in *English*, Hog's-Fennel, and the *Latin* Name *Peucedanum*, it is called Hoar-strange, and Hoar-strong, Sulphur-wort, and Brimstone-wort.

**Descript.]** The common Sow-Fennel hath divers branched stalks of thick and somewhat long Leaves, three for the most part joined together at a place, among which ariseth a crested straight stalk, less than Fennel, with some joints thereon, and Leaves growing thereat, and towards the tops some Branches issuing from thence; likewise on the tops of the Stalk, and Branches stand divers tufts of yellow Flowers, where after grows somewhat flat green and yellowish Seed, bigger than Fennel seed. The Roots grow great and deep, with many other Parts and Fibres about them, of a strong scent-like hot Brimstone, and yield forth a yellowish silk, or clammy Juice, almost like a Gum.

**Place.]** It flowereth plentifully in the salt low Marshes, near *Wersham* in *Kent*.

**Time.]** It flowereth plentifully in *July* and *August*.

**Government and Vertues.]** This is also an Herb of *Mercury*. The Juice of Sow-Fennel, (saith *Dioscorides* and *Galen*) mixed with Vinegar and Rose-water, or the Juice with a little *Euphorbium* put to the Nose, helpeth those that are

Lethargy, Frenzy, Vertigo, Falling-sickness, Head-ach Palsie, Sciatica, Cramp, Sinews, Cough, shortness of Breath, Wind, Spleen, Child-Birth, Reins, Bladder, Womb, Ears, hollow Teeth, Ulcers, Broken Bones, Thorns, Wounds.

troubled with the Lethargy, the Frenzy, the turning or giddiness of the Head, the Falling-sickness, long and inveterate Head-ach, the Palsy, Sciatica and the Cramp, and generally all the Diseases of the Sinews, used with Oyl and Vinegar. The Juice dissolved in Wine, or put into an Egg, is good for the Cough, or shortness of Breath, and for those that are troubled with Wind in the Body. It purgeth the Belly gently,

expellet h the hardness of the Spleen, giveth ease to Women that have sore Travail in Child-Birth, and easeth the pains of the Reins and Bladder, and also the Womb. A little of the Juice dissolved in Wine, and dropped into the Ears, easeth much of the Pains in them, and put into a hollow Tooth, easeth the pains thereof. The Root is less effectual in all the aforesaid Diseases; yet the Powder of the Root cleanseth foul Ulcers, being put into them, and taketh out Splinters of broken Bones, or other things in the Flesh, and healeth them up perfectly. As also it drieth up old and inveterate running Sores, and is of admirable Virtue in all green Wounds.

### Figwort, or Throat-wort.

**Descript.]** Common great Figwort, sendeth divers great strong, hard, square brown Stalks, three or four foot high, whereon grow large, dard, and dark green Leaves, two at a Joint, which are harder and larger than Nettle Leaves, but not stinging; at the tops of the Stalks stand many purple Flowers, set in Husks, which are sometimes gaping and open, somewhat like those of Water-Bettony; after which come hard round Heads, with a small point in the middle, wherein lie small brownish Seed. The Root is great, white and thick, with many Branches at it, growing aslope under the upper crust of the Ground which abideth many Years, but keepeth not his green Leaves in Winter.

**Place.]** It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

**Time.]**

*Time.*] It flowereth about *July*, and the Seed will be ripe about a Month after the Flowers are fallen.

*Government and Vertues.*] Some Latin Authors call it *Cervicaria*, because 'tis appropriated to the Neck; and we *Throat-wort*, because it is appropriated to the Throat, *Venus* owns the Herb, and the Celestial *Bull* will not deny it; therefore a better Remedy cannot be for the King's Evil, because the *Moon* that rules the Disease is exalted there, nor for any Disease in the Neck; the rest of the Diseases specified, you may (if you look) see a very good reason for their cure by this Herb. The Decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, dissolveth clotted and congealed Blood within the Body, coming by any Wound, Bruise, or Fall; and is no less effectual for the King's Evil, or any other Knobs, Kernels, Bunches or Wens growing in the Flesh wheresoever; and for the Hæmorrhoids, or Piles; for other Knobs or Kernels, which sometimes grow about the Fundament. An Ointment made hereof may be used at all times

*Congealed Blood by Wound, Bruise, or Fall King's-Evil, Wens, Hemorrhoids, Fundament, Ulcers, Scurf, Spots, Freckles, Deformity, Leprosy.*

when the fresh Herb is not to be had. The distilled water of the whole Plant, Roots and all is used for the same purposes, and drieth up the superfluous, virulent moisture of hollow and corroding Ulcers; it taketh away all redness, Spots and Freckle in the Face, as also the Scurf, or any foul Deformity therein and the Leprosie likewise.

## Filipendula, or Dropwort.

*Descript.*] **T**His sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them dented about the Edges, somewhat resembling wild Tanfie, or rather Agrimony, but harder in handling; among which rise up one or more Stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other Branches spreading at the top into many white sweet smelling Flowers, consisting of five Leaves a piece, with some Threads in the middle of them standing together, in a pith or umble; each upon a small Foot-stalk, which after they have been upon and blown a good while, do fall away, and in their places appear small, round, chaffie Heads like Buttons, wherein are the chaffie Seeds set and placed

*Placed.* The Root consists of many small, black, tuberous pieces fastened together by many small, long, blackish strings, which run from one to another.

*Place.*] It groweth in many places of this Land, in the Corners of dry Fields and Meadows, and their Hedge-sides.

*Time.*] They flower in June and July, and their Seed is ripe in August.

*Government and Vertues.*] It is under the Dominion of Venus, and is very effectual to open the passages of the Urine, and helpeth the Strangury, and all other pains of the Bladder and Reins, helpeth mightily to expel the Stone in the Kidneys or Bladder, and the Gravel also; and these are done by taking the Roots in Powder or a Decoction of them in White-wine, whereunto a little Honey is added. The same helpeth also to expel the After-birth. The Roots made into Powder, and mixed with Honey in the form of an Electuary, doth much help them whose Stomachs are swollen, dissolving and breaking the Wind which was the Cause thereof, and is also very effectual for all the Diseases of the Lungs, as shortness of Breath, Wheezing, Hoarseness of the Throat, and the Cough, and to expectorate tough Flegm, or any other parts thereabout. It is called *Dropwort*, because it helps such as Piss by Drops.

### The Fig-Tree.

**F**OR to give a Description of a Tree so well known to every Body that keeps it in their Gardens, were needless. They prosper very well in our *English* Gardens; yet are fitter for Medicine than for any other profit which is gotten by the Fruit of them.

*Government and Vertues.*] The Tree is under the Dominion of Jupiter. The Milk that issueth out from the Leaves or Branches when they are broken off, being dropped upon Warts, taketh them away. The Decoction of the Leaves of a Fig-tree is excellent good to wash sore Heads withal; neither is there scarcely a better Remedy for the Leprosie than it is. It clears

clears the Face also of Morpew, and the Body of white Scurf, moist Scabs, and running Sores. If it be dropped into old fretting Ulcers, it cleanseth out the moisture, and bringeth up the Flesh; because you cannot have the Leaves green all the year; you may make an Ointment of them whilst you may. A Decoction of the Leaves being drunk inwardly, or rather a Syrup made of them, dissolves congealed Blood caused by bruises or Falls, and helps the Bloody-flux. The Ashes of the Wood made into an Ointment with Hogs-grease, help Kibes and Chilblains. The Juice being put into an hollow Tooth, easeth pain, as also pain and noise in the Ears, being dropped into them, and Deafness. An Ointment made of the Juice and Hogs-grease, is as excellent a Remedy for the biting of mad Dogs, or other Venemous Beasts, as most is. A Syrup made of the Leaves or green Fruit, is excellent good for Coughs, Hoarseness, or shortness of Breath, and all Diseases of the Breast and Lungs; it is also excellent good for the Drop-sie, and Falling-sickness. They say that the Fig-tree as well as the Bay tree is never hurt by Lightning; as also that a Bull, if he be never so mad, if you tie him to a Fig-Tree, will quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Exoticks; yet some Authors say the Eating of them makes People Lousie.

## The yellow Water-Flag, or Flower-de-luce.

Descript.] **T**His groweth like the Flower-de-luces, but it hath much longer and narrower sad green Leaves joined together in that Fashion; the Stalk also growing oftentimes as high, bearing small yellow Flowers shaped like the Flower-de-luce with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the Flower-de-luce hath, this hath only three short Pieces, standing in their places, after which succeed thick and long three-square heads, containing in each part, somewhat big and flat seed, like to those of the Flower-de-luces. The Root is long and slender, of a pale brownish Colour on the outside, and of a Horse-

*flesh Colour on the inside, with many hard Fibres thereat, and very harsh in Taste.*

*Place.]* It usually grows in Watry Ditches, Ponds, Lakes, and Moor Sides, which are always overflown with Water.

*Time.]* It flowereth in *July*, and the Seed is ripe in *August*.

*Government and Virtues.]* It's under the Dominion of the *Moon*. The Root of this Water flag is *Binds, Cools, Dries* very astringent, cooling, and drying and *Flux, Bloody Flux,* thereby helpeth all Lasks, and Fluxes, *Bleeding, Terms stops,* whether of Blood or Humours, as *Bleeding at Mouth, Nose or other parts, Bloody Eyes, Spots, Blemishes, Inflammations,* fluxes, and the immoderate Flux of *Womens Courses.* The distilled Water of *Ulcers, Noli me tangere,* the whole Herb, Flowers and Roots, is a Sovereign good Remedy for watring *Eyes,* both to be dropped into them, and to have Cloths or Spunges wetted therein, and applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in any other parts the said Water fomented on Swellings and hot Inflammations of *Womens fore Breasts,* upon Cankers also, and those spreading *Ulcers called Noli me tangere,* doth much good: It helpeth also *foul Ulcers* in the privy parts of Man or Woman, or elsewhere. An Ointment made of Flowers, is better for those external Applications.

### Flax-weed, or Toad-Flax,

*Descript.]* OUR common Flax-weed hath divers Stalks full fraught with long and narrow Ash coloured Leaves, and from the middle of them almost upward, stored with a number of pale yellow Flowers, of a strong unpleasant scent, with deeper yellow Mouths, and blackish flat Seed in round heads. The Root is somewhat woody and white, especially the main down right one, with many Fibres, abiding many Years, shooting forth Roots every way round about, and new Branches every Year.

*Place]* This groweth throughout this Land, both by the way sides in Meadows, as also by Hedge sides, and upon the sides of Banks and Borders of Fields.

*Time.]*

*Time.*] It flowereth in Summer, and the Seed is ripe usually before the end of *August*.


*Government and Virtues.*] *Mars* owns the Herb: In *Suffess* we call it *Gallwort*, and lay it in our Chickens Water to cure them of the Gall, I think; I am sure it relieves them when they are drooping. This is frequently

used to provoke Urine being stopped, and to spend the abundance of those watry Humours by Urine, which cause the Dropſie. The Decoction of the Herb, both Leaves and Flowers, in Wine taken and drunk, doth somewhat move the Belly downwards, openeth Obstructions of the Liver, and helpeth the Yellow Jaundice, expelleth Poyſon, provoketh Womens Courſes, driveth forth the dead Child, and After-birth. The diſtilled Water of the Herb and Flowers, is effectual for all the

*Dyſury, Dropſie, Obſtructions of the Liver, Yellow Jaundice, dead Child, and After-birth, Inflammations, Eyes, Ulcers, Cankers, Fiſtulaes, Leproſie, Scab, Pimples, Freckles.*

ſame purpoſes, eſpecially being drunk with a drachm of the Powder of the Seeds, or Bark of the Root of *Wallwort*, and a little Cinnamon, for certain Days together is held a ſingular Remedy for the Dropſie. The Juice of the Herb, or the diſtilled Water, dropped into the Eyes, is a certain Remedy for all heat, Inflammations, and redneſs in them. The Juice or Water put into ſoul Ulcers, whether they be Cancerous or Fiſtulous, with Tents rouled therein, or parts waſhed and injected therewith, cleanſeth them thoroughly from the bottom and healeth them up ſafely. The ſame Juice or Water alſo cleanſeth the Skin wonderfully of all ſorts of Deformity thereof, as Leproſie, Morpew, Scurf, Wheals, Pimples, or any other ſpots or Marks in the Skin, applied of it ſelf, or uſed with ſome Powder, of Lupines.

## Flea-wort.

*Deſcript.*]  Ordinary Flea-wort riſeth up with a Stalk two Foot high or more, full of Joints and Branches on every ſide upto the Top, and at every Joint two ſmall, long, and narrow whitish green Leaves, ſomewhat hairy: At the Tops of every Branch ſtand divers ſmall ſhort ſcaly or chaffy Heads, out of which come forth ſmall whitish yellow Threads, like to thoſe of the Plantane herbs, which are the Bloomings of Flowers. The ſeed in-

in those Heads, is small and shining while it is fresh, very like unto Fleas both for Colour and bigness, but turning black when it groweth old. The Root is not long, but white, hard, and woody, perishing every Year, and rising again of its own Seed for divers Years if it be suffered to shed: The whole Plant is somewhat whitish and hairy, smelling somewhat like Rosin.

There is another Sort hereof, differing not from the former in the Manner of growing, but only that this Stalk and Branches being somewhat greater, do a little more bow down to the Ground: The Leaves are somewhat greater, the Heads somewhat lesser, the Seed alike; and the Root and Leaves abide all Winter, and perish not as the former.

Place.] The first groweth only in Gardens, the second plentifully in Fields that are near the Sea.

Time.] They flower in July or thereabouts.

Government and Vertues.] The Herb is cold, dry, and Saturnine. I suppose it obtained the name Fleawort, because

Flux, Corrosion, Cholerick Humours, Agues, Fevers, Inflammation, Thirst, Hoarseness, Salt Humours, Pleurisie, Hemorrhoids Head ach, Megrim, Imposthumes Blains, Wheals, Pusshes Purples, Gout, Joints, Sciatica, Nipples, sore Breasts, Ears, Worms, Ulcers.

the Seeds are so like Fleas. The Seed fried, and so taken, stayeth the Flux or Lask of the Belly, and the Corrosions that come by reason of hot, cholerick or sharp and malignant Humours, or by too much purging of any violent Medicine, as Scammony, or the like. The Mucilage of the Seed made with Rose-water, and a little Sugar-candy put thereto, is very good in all hot Agues and Burning Fevers, and other Inflammations, to cool the Thirst, and lenify the dryness and roughness of the Tongue and Throat. It helpeth also Hoarseness of the Voice, and Dis-

eases of the Breast and Lungs, caused by heat or sharp salt Humours, and the Plurisy also. The Mucilage of the Seed made in Plantane-water, whereunto the yolk of an Egg or two, and a little Populeon are put, is a most safe and sure Remedy to ease the sharpness, pricking and pains of the Hemorrhoids or Piles, if it be laid on a Cloth, and bound thereto. It helpeth also all Inflammations in any part of the Body, and the pains that come thereby, as the Head-ach and Megrim, and all hot Imposthumes or Swellings, or breaking

breaking out of the Skin, as Blains, Wheals, Pusshes, Purples and the like; as also the Joints of those that are out of Joint the pains of the Gout and Sciatica, the bursting of young Children, and the swelling of the Navel, applied with Oyl of Roses and Vinegar. It is also very good to heal the Nipples and sore Breasts of Women, being often applied thereunto. The Juice of the Herb with a little Honey put into the Ears, helpeth the running of them, and the Worms breeding in them: The same also mixed with Hogs-grease, and applied to corrupt and filthy Ulcers and Sores, cleanseth and healeth them.

### Flix-weed.

**Descript.]** It riseth up with a round upright hard Stalk, four or five Foot high, spread into sundry Branches, whereon grow many grayish green Leaves very finely cut and severed into a number of short and almost round parts. The Flowers are very small and yellow, growing spike fashion, after which come very small long Pods, with very small yellowish Seed in them. The Root is long and woody, perishing every Year.

There is another Sort, differing in nothing, save only it hath somewhat broader Leaves; they have a strong evil Savour, being smelt unto, and are of a drying Taste.

**Place.]** They grow wild in the Fields by Hedge-sides, and High-ways, and among Rubbish and other places.

**Time.]** They flower and seed quickly after, namely in June and July,

**Government and Vertues.]** This Herb is Saturnine also. Both the Herb and Seed of Flix-weed, is of excellent use to stay the Flux or Lask of the Belly, being drunken in Water wherein Gads of Steel heated have been often quenched; and is no less effectual for the said Purpose than Plantane or Comfry, and to restrain any other Flux of Blood in Man or Woman, as also to consolidate Bones broken or out of Joint. The Juice thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach or Belly, or the Worms that grow in putrid and fleshy Ulcers; and made into a Salve, doth quickly heal

Flux, Bleeding  
Bloody Flux, Terms  
stopt, broken Bones,  
Members disjointed,  
Worms, Sores, Ulcers

all old Sores, how foul or malignant soever they be. The distilled Water of the Herb worketh the same effects, although somewhat weaker, yet it is a fair Medicine, and more acceptable to be taken.

It is called *Fluxweed*, because it cures the Flux, and for its uniting broken Bones, &c. *Paracelsus* extols it to the Skies. It is fitting Syrups, Ointment and Plaisters of it were kept in your Houses,

### Flower-de-luce.

**I**T is so well known, being nursed up in most Gardens, that I shall not need to spend time in writing a Description thereof.

*Time.*] The flaggy kinds thereof have the most Physical uses; the Dwarf kinds thereof flower in *April*, the greater sorts in *May*.

*Government and Virtues.*] The Herb is *Lunar*. The Juice or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little Honey drunk, doth purge and cleanse the Stomach of gross and tough Flegm and Choler therein; it helpeth the Jaundice and the Dropsie, by evacuating those Humours both upwards and downwards; and because it somewhat hurts the Stomach, is not to be taken without Honey and Spiknard. The same being drunk, doth ease the Pains and Torments of the Belly and Sides, the shaking of Agues, the diseases of the Liver and Spleen, the Worms, of the Belly, the Stone in the Reins, Convulsions and Cramps that come of cold Humours; it also helps those whose Seed passeth from them unawares; It is a Remedy against the bitings and stings of Venemous Creatures, being boiled in Water and Vinegar and drunk: Being boiled in Water and drunk it, provoketh Urine, helpeth the Cholick, bringeth down Womens Courses; and made up into a Pessary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended against the Cough, to expectorate  
tough

tough Flegm; it much easeth pains in the Head, and procureth sleep; being put into the Nostrils, it procureth sneezing, and thereby purgeth the Head of Flegm: The Juice of the Root applied to the *Piles* or *Hemorrhoids* giveth much ease. The Decoction of the Roots gargled in the Mouth, easeth the Tooth-ach, and helpeth a stinking Breath. Oyl called *Olium Irinum*, if it be rightly made of the great broad flag *Flower-de-luce*, (and not of the great bulbous blue *Flower-de-luces*, as is used by some Apothecaries) and Roots of the same of the flaggy kinds, is very effectual to warm and comfort all cold Joints and Sinews, as also the Gout and Sciatica, and mollifieth, dissolveth and consumeth Tumours and Swellings in any part of the Body, as also of the Matrix; it helpeth the Cramp, or Convulsions of the Sinews; The Head and Temples anointed therewith, helpeth the Catarh or thin Rheum distilling from thence; and used upon the Breast or Stomach, helpeth to extenuate the cold tough Flegm, it helpeth also the pains and noise in the Ears, and the stench of the Nostrils. The Root it self, either green or in Powder, helpeth to cleanse, heal, and incarnate Wounds, and to cover the naked Bones with Flesh again, that Ulcers have made bare; and is also very good to cleanse and heal up Fistulaes and Cankers that are hard to be cured.

### Fluellin, or Lluellin.

Descript.] **I**T shooteth forth many long Branches, partly lying upon the Ground, and partly standing upright, set with almost red Leaves, yet a little pointed, and sometimes more long than round, without order thereon, somewhat hoary, and of an evil greenish white Colour; at the Joints all along the Stalks, and with the Leaves come forth small Flowers, one at a place, upon a very small short Foot-stalk, gaping somewhat like Snapdragons, or rather like Toad flax, with the upper jaw of a yellow Colour, and the lower of a purplish, with a small Heel or Spur behind; after which come forth small round Heads, containing small black Seed. The Root is small and thready, dying every year, and raiseth it self again of its own sowing.

There is another sort of Lluellin which hath longer Branches wholly trailing upon the Ground two or three Foot long, and somewhat more thin, set with Leaves thereon, upon small Foot-stalks.

The Leaves are a little larger, and somewhat round, and cornered sometimes in some places on the Edges; but the lower part of them being the broadest, hath on each side a small point, making it seem as if they were Ears; sometimes hairy, but not hoary, and of a better green Colour than the former: The Flowers come forth like the former, but the Colours therein are more white than yellow, and the Purple not so fair: It is a large Flower, and so are the Seed and Seed-vessels. The Root like the other, and perisheth every Year.

**Place.]** They grow in divers Corn-fields, and in Borders about them, and in other fertil Grounds, about Southfleet in Kent abundantly; at Buchwirte, Hamerton, and Richmanworth in Huntingtongshire, and in divers other Places.

**Time.]** They are in Flower about June and July, and the whole Plant is dry and withered before August be done.

**Government and Vertues.]** It is a Lunar Herb. The Leaves bruised and applied with Barley-meal to watering Eyes that are hot and inflam'd by Defluctions from the Head, do very much help them, as also the Fluxes of Blood or Humours, as the Lask, bloody Flux, Womens Courses; and stayeth all Manner of Bleeding at Nose, Mouth, or any other Place,

or that cometh by any Bruise or Hurt, or bursting a Vein; wonderfully helpeth all those inward Parts that need consolidating or strengthening; and is no less effectual both to heal and close green Wounds, than to cleanse or heal all foul or old Ulcers, fretting or spreading Cankers, or the like.

Bees are industrious, and go abroad to gather Honey from each Plant and Flower; but Drones lie at home, and eat up what the Bees have taken Pains for: Just so do the College of Physicians lie at home, and domineer and suck out the Sweetness of other Mens Labours and Studies, themselves being as ignorant in the Knowledge of Herbs as a Child of four Years old, as I can make appear to any rational Man by their last Dispensatory. Now then to hide their Ignorance, there is no readier Way in the World, than to hide Knowledge from their Countrymen, that so no body might be able so much as to smell out their Ignorance. When Simples were more in Use, Men's Bodies were better in Health by

by far than now they are, or shall be, if the College can help it. The Truth is, this Herb is of a fine cooling, drying Quality, and an Ointment or Plaister of it might do a Man a Courtesie, that hath any hot virulent Sores: 'Tis admirable for the Ulcers of the French Pox; if taken inwardly, may cure the Disease. It was first called Female Speedwel, but a Shentleman of Wales, whose Nose was almost eaten off with the Pox, and so near the Matter, that the Doctors commanded it to be cut off, being cured only by the Use of this Herb; and to Honour the Herb for saving her Nose whole, gave it one of her Country Names *Lluellin*.

### Fox-Glove.

**Descript.** **I**T hath many long and broad Leaves lying upon the Ground, dented upon the Edges, a little soft or woolly, and of a hoary green Colour, among which riseth up sometimes sundry Stalks, but one very often, bearing such Leaves thereon from the Bottom to the Middle, from whence to the Top it is stored with large and long hollow reddish purple Flowers, a little more long and eminent at the lower Edge, with some white Spots within them, one above another, with small green Leaves at every one, but all of them turning their Heads one way, and hanging downwards having some Threads also in the Middle, from whence rise round Heads, pointed sharp at the Ends, wherein small brown Seed lieth. The Roots are so many small Fibres, and some greater Strings among them; the Flowers have no Scent, but the Leaves have a bitter hot Taste.

**Place.]** It groweth on dry sandy Grounds for the most Part, and as well on the higher as the lower Places under Hedge-Sides in almost every Country of this Land.

**Time.]** It seldom flowereth before *July*, and the Seed is ripe in *August*.

**Government and Vertues.]** The Plant is under the Domination of *Venus*, being of a gentle cleansing Nature, and withal very friendly to Nature. The Herb is familiarly and frequently used by the *Italians*, to heal any fresh or green Wound, the Leaves being but bruised and bound thereon; and the Juyce thereof is also used in old Sores to cleanse, dry and heal them. The Decoction hereof made up with some Sugar or Honey, is a

*Wounds cleansed,  
Dry, Heal Obstru-  
ctions of the Liver,  
and Spleen, King's  
Evil, Falling Sick-  
ness, scabby Head.*

available

available to cleanse and purge the Body both upwards and downwards, sometimes of tough Flegm and clammy Humours; and to open Obstructions of the Liver and Spleen. It hath been found by Experience to be available for the King's-Evil, the Herb bruised and applied, or an Ointment made with the Juyce thereof, and so used; and a Decoction of two Handfuls thereof, with four Ounces of Polypody in Ale, hath been found by late Experience to cure divers of the Falling Sicknes, that have been troubled with it above twenty Years.

My self am confident that an Ointment of it is one of the best Remedies for a scabby Head that is.

### Fumitory.

**Descript.]** OUR common Fumitory is a tender sappy Herb, sending forth from one Square, a slender weak Stalk, and leaning downwards on all Sides, many Branches two or three Foot long, with finely cut and jagged Leaves of whitish, or rather bluish Sea green Colour: At the Tops of the Branches stand many small Flowers, as it were in a long Spike one above another, made like little Birds of a Reddish Purple Colour, with whitish Bellies; after which come small round Husks, containing small black Seeds. The Root is Yellow, small, and not very long, full of Juyce while it is green, but quickly perishes with the ripe Seed. In the Cornfields in Cornwall, it beareth white Flowers.

**Place.]** It groweth in Cornfields almost every where, as well as in Gardens.

**Time.]** It flowereth in May for the most part, and the Seed ripeneth shortly after.

**Government and Vertues.]** Saturn owns the Herb, and presents it to the World as a Cure for his own Disease, and Strengthenr of the Parts of the Body he rules: If by my Astrological Judgment of Diseases, from the Decumbiture, you find Saturn Author of the Disease, or if by Direction from a Nativity you fear a Saturnine Disease approaching, you may by this Herb prevent it in the one, and cure it in the other, and therefore 'tis fit you keep a Syrup of it always by you. The Juyce or Syrup made thereof, or the Decoction made in Whey by it self, with some other Purging or opening Herbs and Roots to cause it to work the better

(it self being but weak) is very effectual for the Liver and Spleen, opening the Obstructions thereof, and clarifying the Blood from saltish, cholerick, and adust Humours, which cause Leprosie, Scabs, Tettors and Itches, and such like breakings out of the Skin, and after the Purg- ing, doth strengthen all the inward Parts. It is also good against the yel- low Jaundice, and spendeth it by Urine which it procureth in abundance. The Powder of the dried Herb given for some time together, cureth Melancholy, but this Seed is strongest in Operation for all the former Diseases. The distilled Water of the Herb is also of good effect in the former Diseases, and conduceth much against the Plague and Pestilence, being taken with good Treacle. The distilled Water also, with a little Water and Honey of Roses, helpeth all the Sores of the Mouth or Throat, being gargled often therewith. The Juyce dropped into the Eyes, cleareth the Sight, and taketh away Redness, and other Defects in them, altho' it procure some Pain for the present, and cause Tears. *Dioscorides* saith, it hindreth any fresh springing of Hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the Juyce hereof, with Gum *Arabick* dissolved therein. The Juyce of the Fumitory and Docks mingled with Vinegar, and the Places gently washed or wet therewith, cureth all Sorts of Scabs, Pimples, Botches, Wheals, Pushes, which arise on the Face or Hands, or any other Part of the Body.

### The Furz Bush.

It is so well known, as well by this Name, as in some Coun- tries by the Name of Gorz or Whins, that I shall not need to write any Description thereof, my Intent being to teach my Countrymen what they know not, rather than to tell them again of that which is generally known before.

*Place.*] They are known to grow on dry barren Heaths, and other waste, gravelly or sandy Grounds, in all Countries of this Land.

*Time.*] They also flower in Summer Months.

*Government and Vertues.*] *Mars* owns the Herb. They are hot

*Obstructions, Liver, Spleen, Yellow Jaundice, Dysury, Gravel, Stone.*

hot and dry, and to open Obstructions of the Liver and Spleen. A Decoction made with the Flowers thereof hath been found effectual against the Jaundice, as also to provoke Urine, and cleanse the Kidneys from Gravel or Stone ingendred in them. *Mars* doth all this by Sympathy.

## Garlick.

**T**HE Offensiveness of the Breath of him that hath eaten Garlick, will lead you by the Nose to the Knowledge hereof, and (instead of a Description) direct you to the Place where it groweth in Gardens, which Kinds are the best and most Physical.

*Government and Vertues.*] *Mars* own this Herb. This was antiently accounted the poor Man's Treacle, it being a Remedy for all Diseases and Hurts, (except those which it self breeds.) It provoketh Urine and Wo-

*Urine, Terms provokes mad Dogs, venomous Beasts Worms Lethargy, Flegm, Pestilence, Aposthumes, mineral Vapours, stinking Waters Henbane Hemlock Wolfbane, Dropsy, Cramps, Convulsions, Falling-Sickness.*

men's Courses, helpeth the biting of mad Dogs, and other venomous Creatures; killeth Worms in Children, cutteth and avoideth tough Flegm, purgeth the Head, helpeth the Lethargy, is a good Preservative against, and a Remedy for any Plague, Sore, or foul Ulcer; taketh away Spots and Blemishes in the Skin, easeth Pains in the Ears, ripeneth and breaketh Imposthumes or other Swellings. And for all those Diseases, the

Onions are as effectual. But the Garlick hath some more peculiar Vertues besides the former, viz. It hath a special Quality to discuss Inconveniencies coming by corrupt Agues or mineral Vapours, or by drinking corrupt and stinking Waters; as also by taking of Wolf-bane, Henbane, Hemlock, or other poisonful and dangerous Herbs. It is also held good in hydropick Diseases, the Jaundice, Falling-Sickness, Cramps, Convulsions, the Piles or Hæmorrhoids, or other cold Diseases.

Many Authors quote many Diseases this is good for; but conceal its Vices. Its heat is very vehement, and all vehement hot Things send up but ill-savour'd Vapours

to the Brain. In cholerick Men 'twill add Fuel to the Fire; in Men oppressed by Melancholy, 'twill attenuate the Humour, and send up strong Fancies, and as many strange Visions to the Head; therefore let it be taken inwardly with great Moderation; outwardly you may make more bold with it.

## Gentian, Felwort, or Baldmony.

**I**T is confessed, that Gentian which is most used amongst us, is brought over from beyond Sea; yet have we two Sorts of it growing frequently in our Nation, which besides the Reasons so frequently alledged, why *English* Herbs should be fittest for *English* Bodies, hath been proved by the Experience of divers Physicians, to be not a whit inferior in Vertue to that which cometh from beyond Sea; therefore be pleased to take the Description of them as followeth.

**Descript.]** The greater of the two hath many small long Roots thrust down deep into the Ground, and abiding all the Winter. The Stalks are sometimes more, sometimes fewer, of a brownish green Colour, which is sometimes two Foot high, if the Ground be fruitful, having many long, narrow, dark green Leaves, set by Couples up to the Top; the Flowers are long and hollow, of a purple Colour, ending in five Corners.

The smaller Sort which is to be found in our Land, groweth up with sundry Stalks not a Foot high, parted into several small Branches, whereon grow divers small Leaves together, very like those of the lesser Centaury, of a whitish green Colour; on the Top of the Stalks grow divers perfect blue Flowers, standing in long Huks, but not so big as the other; the Root is very small, and full of Threads.

**Place.]** The first groweth in divers Places of both the East and West Countries, and as well in wet as in dry Grounds, as near Longfield by Gravesend, near Cobham in Kent, near Lillingstone in Kent, also in a chalky Pit hard by a Paper-Mill not far from Dartford in Kent.

The second groweth also in divers Places in Kent, as about Southfleet and Longfield, upon Barton Hills in Bedfordshire: Also not far from St. Albans, upon a Piece of wast chalky Ground, as you go out of Dunstable Way towards Gorhambury.

**Time.]** They flower in August.

*Government and Vertues.*] They are under the Dominion of Mars, and one of the principallest Herbs he is Ruler of. They

Poison, Pestilence, Stomach, Indigestion, Heart, preserveth Fainting, Swooning, biting of mad Dogs, venomous Beasts, Liver, Appetite, Weariness, Joints, Stiches, Sides, Bruises, Urine provokes, Cramps Convulsions, Stone, Rupture, tough Flegm, Scabs, Itch, Sores, Ulcers, Worms, Kings-Evil, Agues, Yellow-Jaundice, Bots, Venomous Beasts.

resist Putrefaction, Poison, Pestilence; neither can a more sure Remedy be found to prevent the Pestilence than it is; it strengthens the Stomach exceedingly, and helps Digestion; it comforts the Heart, and preserves it against Faintings and Swoonings: The Power of the dry Roots helps the biting of mad Dogs, and venomous Beasts, opens Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it; the Herb steeped in Wine, and the Wine drunk, refresheth such as be over weary with Travel, and grown Lame in their Joynts, either by Cold or evil Lodgings; It helps Stiches, and griping Pains in the Sides; and is an excellent Remedy for such as are bruised by Falls; It provokes Urine, and the Terms exceedingly, there-

fore let it not be given to Women with Child: The same is very profitable for such as are troubled with Cramps and Convulsions, to drink the Concoction: Also they say it breaks the Stone, and helps Ruptures most certainly; It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Itch, or any fretting Sores and Ulcers; it is an admirable Remedy to kill the Worms, by taking half a Dram of the Powder in a Morning in any convenient Liquor; the same is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all Sorts, and the Yellow Jaundice, as also the Bots in Cattle; when Kine are bitten on the Under by any venomous Beast, do but stroke the Place with the Decoction of any of these, and it will instantly help them.

### Clove-Gilly-Flowers.

**I**T is vain to describe an Herb so well known.

*Government and Vertues.*] They are gallant, fine, temperate Flowers, of the Nature, and under the Dominion of Jupiter; yea so temperate, that no Excess, neither in Heat, Cold,

Cold, Driness, nor Moisture, can be perceived in them; they are great Strengtheners both of the Brain and Heart, and will therefore serve either for Cordials or Cephalicks, as your Occasion will serve. There is both a Syrup and a Conserve made of them, and of them alone, commonly to be had at every Apothecaries: To take now and then a little of either, strengthens Nature much, in such as are in Consumptions. They are also excellent good in hot Pestilent Fevers, and expel Poison.

*Brain, Heart, Consumption, strengthen Nature.*

### Germander.

**Descript.]** Common Germander shooteth forth sundry Stalks, with small and somewhat round Leaves, dented about the Edges. The Flowers stand at the Tops, of a deep Purple Colour. The Root is composed of divers Sprigs, which shoot forth a great Way round about, quickly over spreading a Ground.

**Place.]** It groweth usually with us in Gardens.

**Time.]** And flowereth in June or July.

**Government and Vertues.]** It is a most prevalent Herb of Mercury, and strengthens the Brain and Apprehension exceedingly; (you may see what humane Vertues are under Mercury, in the latter End of my Ephemeris for 1652) strengthens them when weak; relieves them when drooping by this Herb. This taken with Honey (saith Dioscorides) is a Remedy for Coughs, for Hardness of the Spleen, and Difficulty of

Urine, and helpeth those that are fallen into a Dropsie, especially at the beginning of the Disease, a Decoction being made thereof when it is green, and drunk. It also bringeth down Womens Courses, and expellerh the dead Child. It is most effectual against the Poison of all Serpents, being drunk in Wine, and the bruised Herb outwardly applied; used with Honey, it cleanseth old and foul Ul-

*Cough, Spleen, Dysury Dropsie, Terms provokes, Deadchild, Poison, Ulcers, Cramps, Agues, Falling sickness, Head-ach, Melancholy dulness of Spirit, Convulsions, Palsie, yellow Jaundice, Worms.*

cers; and made into an Oil, and the Eyes anointed therewith, taketh away their Dimness and Moistness. It is likewise good for the Pains in the Sides and Cramps. The Decoction thereof taken for four Days together, driveth away and cureth both Tertian and Quartan Agues. It is also

also good against all Diseases of the Brain, as continual Head-ach, Falling-sickness, Melancholy, Drowfiness and Dulness of the Spirits, Convulsions and Palsies. A Drachm of the Seed taken in Powder purgeth by Urine, and is good against the Yellow Jaundice. The Juyce of the Leaves dropped into the Ears, killeth the Worms in them. The Tops thereof, when they are in Flower, steeped twenty four Hours in a Draught of white Wine, and drunk, killeth Worms in the Belly.

### Stinking Gladwin.

Descrip.] **T**HIS is one of the Kinds of Flower-de-luces, having divers Leaves rising from the Roots very like a Flower de-luce, but that they are sharp edged on both Sides, and thicker in the Middle, of a deeper green Colour, narrower and sharper pointed, and a strong ill Scent, if they be bruised between the Fingers. In the Middle riseth up a reasonable strong Stalk, a Yard high at the least, beareth three or four Flowers at the Top, made somewhat like the Flowers of the Flower de-luce, with three upright Leaves, of a dead purplish Ash Colour, with some Veins discoloured in them; the other three do not fall down, nor the three other small ones are so arched, nor cover the lower Leaves as the Flower-de luce doth, but stand loose or asunder from them. After they are past, there come up three square hard Busks, opening wide into three Parts when they are ripe, wherein lie reddish Seed, turning black when it hath abiden long. The Root is like that of the Flower-de-luce, but reddish on the outside, and whitish within, very sharp and hot in the taste, of as evil Scent as the Leaves.

Place.] This groweth as well in upland Grounds, as in moist Places, in Woods, and shadowy Places by the Sea-side in many Places of this Land, and is usually nursed up in Gardens.

Times.] It flowereth not until July, and the Seed is ripe in August or September; yet the Husks, after they are ripe, opening themselves, will hold their Seeds within them for two or three Months, and not shed them.

Government and Vertues.] It is supposed to be under the Dominion of Saturn. It is used by many Country People to purge corrupt Flegm and Choler, which they do by drinking the Decoction of the Roots; and some to make it

it more gentle, do but infuse the sliced Roots in Ale; and some take the Leaves, which serve well for the weaker Stomachs: The Juyce hereof put up, or snuffed up the Nose, causeth Sneezing, and draweth from the Head much Corruptions; and the Powder thereof doth the same. The Powder thereof drunk in Wine, helpeth those that are troubled with Cramps and Convulsions, or with the Gout or Sciatica, and giveth ease to those that have any griping Pains in their Body or Belly, and helpeth those that have the Strangury. It is given with much Profit to those that have had long Fluxes by the sharp and evil Quality of Humours, which it stayeth, having first cleansed and purged them by the drying and binding Property therein. The Root boiled in Wine, and drunk, doth effectually procure Womens Courses, and used as a Pessary, worketh the same Effect, but causeth Abortion in Women with Child. Half a Drachm of the Seed beaten to Powder, and taken in Wine, doth speedily cause one to piss, which otherwise cannot. The same taken with Vinegar, dissolveth the Hardness and Swellings of the Spleen. The Root is very effectual in all Wounds, and especially of the dead; as also to draw forth any Splinters, Thorns or broken Bones, or any other thing sticking in the Flesh, without causing Pains, being used with a little Verdigrease and Honey, and the great Centaury Root. The same boiled in Vinegar, and laid upon any Tumour or Swelling, doth very effectually dissolve and consume them; yea, even the Swellings of the Throat called the Kings-Evil, the Juyce of the Leaves and Roots healeth the Itch, and all running or spreading Scabs or Sores or Blemishes, or Scars in the Skin wheresoever they be.

### Golden-Rod.

*Description.* **T**HIS ariseth up with brownish small round Stalks, two Foot high, and sometimes more, bearing thereon many narrow and long dark green Leaves, seldom with any Dents about the Edges, or any Stalks or white hairs therein, yet they are sometimes so found, divided at the Tops into

into many small Branches, with divers small yellow Flowers on every one of them, all which are turned one Way, and being ripe, do turn into Down, and are carried away with the Wind. The Root consists of many small Fibres, which grows not deep in the Ground, but abideth all the Winter thereon, shooting forth new Branches every Year, the old one lying down to the Ground.

**Place.]** It groweth in the open Places of Woods and Coppes, both moist and dry Grounds in many Places of this Land.

**Time.]** It flowereth about the Month of July.

**Government and Vertues.]** Venus claims the Herb, and therefore to be sure it restores Beauty lost. *Arnoldus de Villa nova*,

commends it much against the Stone in the Reins and Kidneys, and to provoke Urine in abundance, whereby also the Gravel or Stone may be avoided. The Decoction of the Herb green or dry, or the distilled Water thereof is very effectual for inward Bruises, as also to be outwardly applied; it stayeth Bleeding in any Part of the Body, and of Wounds; also the Fluxes of Humours, the Bloody Flux, and Womens Courses; and is no less prevalent in all Ruptures or Burstings being drunk inwardly, and outwardly applied. It is a Sovereign Wound Herb, inferiour to none, both for inward and outward Hurts; green Wounds and old Sores and Ulcers, are quickly cured therewith. It also is of especial Use in all Lotions for Sores, or Ulcers in the Mouth, Throat or Privy-Parts of Man or Woman. The Decoction also helpeth to fasten the Teeth that are loose in the Gums.

### Gout-wort, or Herb-Gerrard.

**Descript.]** **I**T is a low Herb seldom rising half a Yard high, having sundry Leaves standing on brownish green Stalks by three, snipped about, and of a strong, unpleasant Savour: The Umbles of the Flowers are white, and the Seed blackish, the Root runneth in the Ground, quickly taking up a great deal of Room.

**Place.]** It groweth by Hedge and Wall Sides, and often in the Borders and Corners of Fields, and in Gardens also.

**Time.]**

*Time.*] It flowereth and seedeth about the End of *July*.  
*Government and Vertues.*] Saturn rules it: Neither is it to be supposed Gout-wort hath its Name for nothing, but upon Experience to heal the Gout and Sciatica; as also Joynt-aches, and other cold *Gout, Sciatica Joynts*. Griefs. The very bearing of it about one easeth the Pains of the Gout, and defends him that bears it from the Disease.

## Gromel.

OF this I shall briefly describe there Kinds, which are principally used in Physick, the Vertues whereof are alike, tho' somewhat different in their Manner and Form of growing.

*Description.*] The greater Gromel groweth up with slender hard and hairy Stalks, trailing and taking Root in the Ground, as it lieth thereon, and parted into many other small Branches with hairy dark green Leaves thereon. At the Joynts with the Leaves, come forth very small blue Flowers, and after them hard stony roundish Seed. The Root is long and woody, abiding the Winter, and shooteth forth fresh Stalks in the Spring.

The smaller wild Gromel sendeth forth divers upright hard branched Stalks two or three Foot high, full of Joynts, at every of which groweth small, long, hard, and rough Leaves like the former, but lesser; among which Leaves come forth small, white Flowers, and after them greyish round Seed like the former, the Root is not very big, but with many Strings thereat.

The Garden Gromel hath divers upright, slender, woody, hairy Stalks, blown and cressed, very little branched, with Leaves like the former; and white Flowers, after which in rough brown Husks is contained a white hard round Seed, shining like Pearls, and greater than either of the former; the Root is like the first described, with divers Branches and Strings thereat, which continueth (as the first doth) all Winter.

*Place.*] The two first grow wild in barren or untilled places, and by the Way-sides in many Places of this Land. The last is a Nursling in the Gardens of the Curious.

*Time.*] They all flower from *Midsummer* until *September* sometimes, and in the mean Time, the Seed ripeneth.

*Government*

*Government and Vertues.*] The Herb belongs to Dame *Venus*; and therefore if *Mars* cause the *Cholick* or *Stone*, as usually he doth, if in *Virgo*, this is your Cure. These are accounted to be of as singular Force as any Herb or Seed whatsoever, to break the *Stone*, and to avoid it, and the *Gravel* either in the *Reins* or *Bladder*, as also to provoke *Urine* being stopped, and to help the *Strangury*. This Seed is of greatest Use, being bruised and boiled in white *Wine* or in *Broth*, or the like, or the *Powder* of the Seed taken therein. Two *Drachms* of the Seed in *Powder* taken with *Womens Breast-Milk*, is very effectual to procure a speedy *Delivery* to such *Women* as have fore *Pains* in their *Travail*, and cannot be delivered: The Herb itself (when the Seed is not to be had) either boiled, or the *Juyce* thereof drunk, is effectual to all the *Purposes* aforesaid, but not so powerful or speedy in *Operation*.

### Goosberry-Bush.

Called also *Feap-berry*, and in *Sussex* *Dew-berry Bush*, and in some Countries *Wine-berry*.

*Government and Vertues.*] They are under the Dominion *Venus*. The *Berries* while they are unripe, being scalded, or baked, are good to stir up a fainting or decayed *Appetite*, especially such whose *Stomachs* are afflicted by *cholerick Humours*: They are excellent good to stay *Longings* of *Women* with *Child*. They may easily keep them preserved with *Sugar* all the *Year* long. The *Decoction* of the *Leaves* of the *Tree* cools

hot *Swellings* and *Inflammations*; as also *St. Anthony's Fire*. The ripe *Goosberries* being eaten, are an excellent *Remedy* to allay the violent *Heat* both of the *Stomach* and *Liver*. The young and tender *Leaves* break the *Stone*, and expel *Gravel* both from the *Kidneys* and *Bladder*. All the *Evils* they do to the *Body* of *Man* is, they are supposed to breed *Crudities*, and by *Crudities* *Worms*.

## Winter-green.

**Descript.]** THIS sendeth forth seven, eight, or nine Leaves from a small brownish creeping Root, every one standing upon a long Footstalk, which are almost as broad as long, round pointed, of a sad green Colour, and hard in handling, and like the Leaf of a Pear Tree; from whence ariseth a slender weak Stalk, yet standing upright, bearing at the Top many small white and sweet smelling Flowers, laid open like a Star, consisting of five round pointed Leaves, with many yellowish Threads standing in the Middle about a green Head, and a long Stalk with them, which in Time groweth to be the Seed Vessel, which being ripe, is found five Square, with a small Point at it, wherein is contained Seed as small as Dust.

**Place.]** It groweth seldom in Fields, but frequent in the Woods Northwards, viz. in Yorkshire, Lancashire, and Scotland.

**Time.]** It flowereth about June and July.

**Government and Vertues.]** Winter green is under the Dominion of Saturn, and is a singular good Wound Herb, and an especial Remedy for to heal green

Wounds speedily, the green Leaves being bruised and applied, or the Juyce of them. A Salve made of the green Herb stamped, or the Juyce boiled with Hogs Lard, or with Salad Oyl and Wax, and some Turpentine added unto it, is a so-

Wounds, Ulcers, Kidneys, Bladder, Flux, bloody Flux, Terms stoppt, Inflammations, Cankers, Fistulaes.

vereign Salve, and highly extolled by the Germans, who much use it to heal all Manner of Wounds and Sores. The Herb boiled in Wine and Water, and given to drink to them that have any inward Ulcers in their Kidneys, or Neck of the Bladder, doth wonderfully help them. It stayeth all Fluxes, whether of Blood or Humours, as the Lask, bloody Fluxes, Womens Courses, and bleeding of Wounds, and taketh away any Inflammations rising upon Pains of the Heart; it is no less helpful for foul Ulcers hard to be cured: As also for Cankers or Fistulaes. The distilled Water of the Herb doth effectually perform the same Thing.

## Groundsel.

**Descript.]** OUR common Groundsel hath a round, green, and somewhat brownish Stalk, spreading toward the Top into Branches, set with long and somewhat narrow green Leaves, cut in on the Edges, somewhat like the Oake-Leaves, but lesser, and round at the End : At the Tops of the Branches stand many small green Heads, out of which grow many small, yellow Threads or Thrums, which are the Flowers, and continue many Days blown in that manner, before it pass away into Down, and with the Seed is carried away in the Wind. The Root is small and shready, and soon perisheth, and as soon riseth again of its own sowing, so that it may be seen many Months in the Year, both green, and in Flower, and Seed ; for it will Spring and Seed twice in a Year at least, if it be suffered in a Garden.

**Place.]** This groweth almost every where, as well on Top of Walls, as at the Foot, among Rubbish, and untilled Ground, but especially in Gardens.

**Time.]** It flowereth, as is said before, almost in every Month through the Year.

**Government and Vertues.]** This Herb is *Venus* her Mistress piece, and is as gallant an Universal Medicine for all Diseases coming of Heat, whatsoever they be, or in what Part of the Body soever they lie, as the Sun shines upon ; 'tis very safe and friendly to the Body of Man ; yet causeth Vomiting if the Stomach be afflicted ; if not, Purging ; and it doth with more Gentleness than can be expected ; 'tis moist, and something cold withal, thereby causing Expulsion, and repressing the Heat caused by the Motion of the Internal Parts in Purges and Vomits. Lay by our Learned Receipts ; take so much Senna, so much Scammony, so much Colocynthis, so much Infusion of Crocus Metallorum, &c. This Herb alone preserved into a Syrup in a distilled Water, in a Ointment, shall do the Deed for you in all hot Diseases, and shall do it, 1. Safely, 2. Speedily.

The Decoction of the Herb (saith *Dioscorides*) made with Wine, and drunk, helpeth the Pains of the Stomach, proceeding of Choler (which it may well do by a Vomit) as daily Experience sheweth. The Juice thereof take in Drink, or the Decoction of it in Ale.

gentl

gently performeth the same. It is good against the Jaundice and Falling-sickness, being taken in Wine; is also against Difficulty of making Water. It provokes Urine, expelleth Gravel in the Reins or Kidneys; a Drachm thereof given in Oxymel, after some walking or stirring of the Body. It helpeth also the Sciatica, griping of the Belly, and the Cholic;

*Gravel, Sciatica, Cholic Liver, Terms provokes, Womens Breasts, Privy Parts, Arteries, Joints and Sinews overheated, Kernels, Wounds in the Sinews, Inflammations in the Eyes.*

helpeth the Defects of the Liver, and provoketh Womens Courses. The fresh Herb boiled and made into a Pulset, and applied to the Breasts of Women that are swoln with Pain and Heat, as also to the Privy-Parts of Man or Woman, the Seat or Fundament, or the Arteries, Joints and Sinews, when they are inflamed and swoln, doth much ease them; and used with some Salt, helpeth to dissolve Knots or Kernels in any Part of the Body. The Juice of the Herb, or (as *Dioscorides* saith) the Leaves and Flowers, with some fine Frankincense in Powder, used in Wounds of the Body, Nerves or Sinews, doth singularly help to heal them. The distilled Water of the Herb, performeth well all the aforesaid Cures, but especially for Inflammations or Watering of the Eyes, by Reason of the Defluxion of Rheum into them.

## Heart-ease.

**T**His is that Herb which such Physicians as are Licensed to Blaspheme by Authority, without Danger of having their Tongues bored through with an hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, Live in Idleness, Cul me to you; and in *Sussex* we call them Pansies.

*Place.*] Besides those which are brought up in Gardens, they grow commonly about wild, in the Fields, especially in such as are very barren; sometimes you may find it on the Tops of the high Hills.

*Time.*] They Flower all the Spring and Sommer long.

*Government and Vertues.*] The Herb is really *Saturnine*, something Cold, Viscous and Slimy. A strong Decoction of the Herbs and Flowers (if you will, you may make it into Syrup, or distilled in an Alimbeck, with what Vehicle you

*French-Pox, Convulsions, Falling-sickness, Inflammations in the Breast and Lungs, Plurisie, Scabs, Itch.*

please) is an excellent Cure for the *French Pox*, the *Herb* being a gallant Antivenerean; and that Antivenereans are the best Cure for that Disease, far better and safer than to torment them with the Flux, divers foreign Physicians have

confessed. The Spirit of it is excellent good for the *Convulsions* in Children, as also for the *Falling-sickness*, and a gallant Remedy for the *Inflammation* of the *Lungs* and *Breast*, *Plurisie*, *Scabs*, *Itch*, &c. It is under the celestial Sign *Cancer*.

## Artichokes.

THE Latines call them *Cinera*, only our College call them *Artichocus*.

*Government and Vertues.*] They are under the Dominion of *Venus*, and therefore it is no marvel, if they provoke Lust much, as indeed they do, being something windy Meat; and yet they stay the involuntary Course of natural Seed in Man, which is commonly called nocturnal Pollutions. And here I care not

greatly if I quote a little of *Galen's* Nonsense in his Treatise of the *Faculties of Nourishment*. He saith, they contain Plenty of cholerick Juyce (which notwithstanding I can scarcely believe) of which he saith is ingendred melancholy Juyce, and of that melancholy Juyce thin cholerick Blood: But to proceed; this is certain, that the Decoction of the Root boiled in Wine, or the Root bruised and distilled in Wine in an Alembick, and being drunk, purgeth by Urine exceedingly.

## Harts-Tongue.

*Descript.* THIS hath divers Leaves arising from the Roots every one severally, which fold themselves in their first springing and spreading; when they are full grown, are about a Foot long, smooth and green above, but hard and with little Sap in them, and hooked on the Back athwart on both Sides of the middle Rib with small and somewhat long and brownish Marks; the Bottoms of the Leaves are a little bowed on each Side of the middle Rib, somewhat narrow with

*be Length, and somewhat small at the End. The Root is of many black Threads, folded or interlaced together.*

*Time.*] It is green all the Winter; but new Leaves spring very Year.

*Government and Vertues.*] *Jupiter* claims Dominion over this herb; therefore it is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what; you shall do well to keep it in a Syrup all the Year; for tho' Authors say 'tis green all the Year, I scarce believe it. *Harts-Tongue* is much commended against the Hardness and Toppings of the Spleen and Liver, and against the Heat of the Liver and Stomach, and against Lasks, and the bloody Flux: The distilled Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Pallate, and stay the bleeding of the Gums, being gargled in the Mouth. *Dioscorides* saith, it is good against the stinging or biting of Serpents. As for the Use of it, my Directions at latter End will be sufficient, and enough for those that are studious in Physick, to whet their Brains upon for the Year or two.

*Spleen, Liver, Flux, bloody Flux, Hiccough, Gums venomous Beasts*

## Hazel-Nut.

**H**Azel-Nuts are so well known to every Boy; that they need no Description.

*Government and Vertues.*] They are under the Dominion of *Mercury*. The parted Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or honey'd Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digesteth the Distillations of Rheum from the Head. The dried Husks and Shells to the Weight of two Drachms taken in red Wine, stayeth Lasks and Womens Courses, and so doth the red Skin that covers the Kernels, which is more effectual to stay Womens Courses.

*Cough, Physick, Flux, Terms stop.*

And if this be true, as it is, then why should the Vulgar so familiarly affirm, that eating Nuts causeth Shortness of Breath, than which nothing is falser? For, how can that which strengthens the Lungs, cause Shortness of Breath?

I confess, the Opinion is far elder than I am; I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: Or are Men's Tongues so given to slandering one another, that they must slander Nuts too, to keep their Tongues in use? If any thing of the Hazel-Nut be stopping, 'tis the Husks and Shells, and no Body is mad to eat them, unless Physically; and the red Skin which covers the Kernel, you may easily pull off. And so thus have I made an Apology for Nuts, which cannot speak for themselves.

## Hawk-weed.

**Descript.]** It hath many large Leaves lying upon the Ground much rent or torn on the Sides into many Gashes, like Dandelyon, but with greater Parts, more like the smooth Sow Thistle, from among which riseth a hollow, rough Stalk, two or three Foot high, branched from the Middle upward, whereon are set at every Joint longer Leaves, little or nothing rent or cut bearing on their Top sundry pale, yellow Flowers, consisting of many small, narrow Leaves, broad pointed, and nicked in at the Ends, set in a double Row or more, the outermost being larger than the inner, which from most of the Hawk weeds (for there are many Kinds of them) do hold, which turn into Down and with the small brownish Seed is blown away with the Wind. The Root is long, and somewhat greater, with many small Fibres thereat. The whole Plant is full of bitter Milk.

**Place.]** It groweth in divers Places about the Field-sides and the Path-ways in dry Grounds.

**Time.]** It flowereth and flies away in Summer Months.

**Goverment and Vertues]** Saturn owns it. Hawk-weed (saith Dioscorides) is cooling, somewhat drying and binding,

**Cools, Dries, Binds,** of the Stomach, and Gnawing therein; for Inflammations, and the hot Fits or Agues. The Juice thereof in Wine, helpeth Digestion, dissolveth Wind, hindereth Crudities abiding in the Stomach, and helpeth the Difficulty of making Water, the biting of Venemous Serpents, and stinging of the Scorpion, if the Herb be al-

outwardly applied to the Place, and is very good against other Poisons, A Scruple of the dried Root given in Wine and Vinegar, is profitable for those that have the opisie. The Decoction of the Herb taken with Honey, dissolveth this Flegm in the Chest or Lungs, and with Hyssop helpeth the Cough. The Decoction thereof, and of wild Celery, made with Wine, and taken, helpeth the Windcolick and Hardness of the Spleen; it procureth Rest and Sleep, hindreth Venery and Venereous Dreams; cooling Heats, strengtheneth the Stomach, increaseth Blood, and helpeth the Leases of the Reins and Bladder. Outwardly applied, it is singular good for all the Defects and Diseases of the Eyes, mixed with some Womens Milk; and mixed with good Success, in fretting and creeping Ulcers, especially in the Beginning. The green bruised, and with a little Salt applied to any Place burnt with Fire, before Blisters do arise, helpeth them. As also Inflammations, St. Anthony's Fire, and all Pusches and Eruptions, hot and salt Flegm, the same applied with Meal and fair Water in manner of Pulvices, to any Place affected with Convulsions and the Cramps, such as are out of Joint, doth give Help and Ease. The distilled Water cleanseth the Skin, and taketh away Freckles, Spots, Morpew, or Wrinkles in the Face.

Eyes, Ulcers, Burnings, Inflammations, St. Anthony's Fire, Heat, Salt Flegm, Convulsions, Cramps, Freckles, Spots, Morpew, Wrinkles.

## Haw-thorn.

It is not my Intent to trouble you with a Description of this Tree, which is so well known, that it needeth none. It is ordinarily but a Hedge Bush, although being pruned and dressed, it groweth to a Tree of a reasonable Height.

As for the Haw-thorn Tree at Glessenbury, which is said to flower yearly on Christmas-Day; it rather shews the Superstition of those who observe it for the Time of its flowering, than any great Wonder, sith the like may be found in divers other Places of this Land, as in Whey-street in Romney-Marsh, and near unto Nantwich in Cheshire, by a Place called White Green, where it flowereth about Christmas and May. If the Weather be frosty, it flowereth not until January, or that the hard Weather be over.

*Government and Vertues.*] It is a Tree of Mars. The Se  
in the Berries beaten to Powder being drunk in Wine, a  
held singular good against the Stone, and  
Stone, Dropſie, Flux, are good for the Dropſie. The diſtil  
inward Pains, Splin- led Water of the Flowers ſtayeth t  
ters, Thorns. Lask. The Seed cleared from the Dove

bruifed and boiled in Wine, and drun  
is good for inward tormenting Pains: If Clothes and Spun  
ges be wet in the diſtilled Water, and applied to any Pla  
wherein Thorns and Splinters, or the like, do abide in t  
Fleſh, it will notably draw them forth.

And thus you ſee the Thorn gives a Medicine for his ow  
pricking, and ſo doth almoſt every Thing elſe.

## Hemlock.

*Description.*] **T**HE common great Hemlock groweth up with  
green Stalk, four or five Foot high, or mor  
full of red Spots ſometimes, and at the Joynts very large wing  
Leaves ſet at them, which are divided into many other wing  
Leaves one ſet againſt another, dented about the Edges, of  
ſad green Colour, branched towards the Top, where it is full  
Umbels of white Flowers, and afterwards with whitish fl  
Seed: The Root is long, white, and ſometimes crooked, an  
hollow within. The whole Plant, and every Part, hath  
ſtrong heady and ill-favour'd Scent, much offending t  
Sences.

*Place.*] It groweth in all Counties of this Land, by Wal  
and Hedge Sides, in waſte Grounds, and untilld Places.

*Time*] It flowereth and feedeth in July, or thereabouts.

*Government and Vertues.*] Saturn claims Dominion o  
this Herb, yet I wonder why it may not be applied to th  
Privities in a Priapiſmus, or continual ſtanding of the Yare  
it being very beneficial to that Diſeaſe; I ſuppoſe m  
Author's Judgment was firſt upon the oppoſite Diſpo  
ſition of Saturn to Venus in thoſe Faculties, and there  
fore he forbade the applying of it to thoſe Parts, tha  
it might not cauſe Barrenneſs, or ſpoil the Spirit pro  
creative; which if it do, yet ap  
Leachery, Inflamma- plied to the Privities it ſtops i  
tions, St. Anthony's luſtful Thoughts. Hemlock is ex  
ceeding

feeding cold, and very dangerous, especially to be take inwardly. It may safely be applied to Inflammations, Tumours and Swellings in any Part of the Body (save the Privy-Parts) as also to St. Anthony's Fire, Wheals, Pusshes, and creeping Ulcers that arise of hot sharp Humours, by cooling and repelling the Heat, the Leaves bruised and laid to the Brow or Forehead, are good for their Eyes that are red and swollen. As also to take away a Pin and Web growing in the Eye, this is a tried Medicine; take a small handful of the Herb, and half so much Bay Salt, beaten together, and applied to the contrary Wrist of the Hand for twenty four Hours, doth remove it in thrice dressing. If the Root thereof be roasted under the Embers wrapped in double wet Papers, until it be soft and tender, and then applied to the Gout in the Hands or Fingers, it will quickly help this evil. If any through mistake eat the Herb *Hemlock* instead of Parsly, or the Roots instead of a Parsnip (both which it is very like) whereby hapneth a kind of Frenzy, or Perturbation of the Senses, as if they were stupid or drunk, the Remedy is as *Pliny* saith, to drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put in Wine, or a Draught of good Vinegar, wherewith *Tragus* doth affirm, that he cured a Woman that had eaten the Root.

## Hemp.

**T**His is so well known to every good House-Wife in the Country, that I shall not need to write any Description of it.

*Time.*] It is sown in the End of *March*, or beginning of *April*, and is ripe in *August* or *September*.

*Government and Vertues* ] It is a Plant of *Saturn*, and good for something else, you see, than to make

*Halters* only. The Seed of *Hemp* consumeth Wind, and by the much Use thereof disperseth it so much that it dryeth up the Natural Seed for Procreation; yet being boiled in Milk, and taken, helpeth such as have

*Wind, Cough, Jaundice, Gall, Choler Flux, Cholerick, Bleeding, Worms, Earwigs, Inflammations, Gout, Sinews shrunk.*

a hot dry Cough. The Dutch make an Emulsion out of the Seed, and give it with good Success to those that have the Jaundice, especially in the Beginning of the Disease, if there be no Ague accompanying it, for it openeth Obstructions of the Gall, and causeth Digestion of Choler. The Emulsion or Decoction of the Seed stayeth Lasks and continual Fluxes, easeth the Cholick, and allayeth the troublesome Humours in the Bowels, and stayeth Bleeding at the Mouth, Nose, or other Places, some of the Leaves being fried with the Blood of them that bleed, and so given them to eat. It is held very good to kill the Worms in Men or Beasts, and the Juice dropped into the Ears, killeth Worms in them; and draweth forth Ear-wigs, or other Living Creatures gotten into them. The Decoction of the Root allayeth Inflammation in the Head, or any other Parts; the Herb it self, or the distilled Mater thereof, doth the like. The Decoction of the Roots, easeth the Pains of the Gout, the hard Humours or Knots in the Joints, the Pains and Shrinkings of the Sinews, and the Pains of the Hips. The fresh Juice mixed with a little Oil and Butter, is good for any Place that hath been burnt with Fire, being thereto applied.

### Hen-bane.

Descript. ○ *UR* common Hen-bane hath very large, thick, soft, woolly Leaves, lying upon the Ground, much cut in, or torn on the Edges, of a dark, ill greyish green Colour; among which arise up divers thick and short Stalks, two or three Foot high, spread into divers smaller Branches, with lesser Leaves on them, and many hollow Flowers, scarce appearing above the Husk, and usually torn on the one Side, ending in five round Points, growing one above another, of a deadish, yellowish Colour, somewhat paler towards the Edges, with many purplish Veins therein, and of a dark, yellowish Purple in the Bottom of the Flower, with a small Point of the same Colour in the Middle, each of them standing in a hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top Points, wherein is contained much small Seed, very like Poppy Seed, but of a dusky, greyish Colour. The Root is great, white and thick, branching forth divers Ways under Ground, so like a Parsnip Root (but that it is not so white)

that it hath deceived divers. The whole Plant, more than the Root, hath a very heavy, ill, soporiferous Smell, somewhat offensive.

*Place.*] It commonly groweth by the Way-sides, and under Hedge-sides and Walls.

*Time.*] It flowereth in July, and springeth again yearly of its own Seed.

I doubt my Authors mistook July for June, if not for May.

*Government and Vertues.*] I wonder in my Heart, how Astrologers could take on them to make this an Herb of Jupiter; and yet Mezaludus, a Man of a penetrating Brain, was also of that Opinion as well as the rest; the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument.

All the Herbs which delight most to grow in Saturnine Places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine Places, and whole Cart-Loads of it may be found near the Places where they empty the common Jakes, and scarce a Ditch to be found without it growing by it. Ergo, 'tis an Herb of Saturn.

The Leaves of Henbane do cool all hot Inflammations in the Eyes, or any other Part of the Body; and are good to assuage all manner of Swellings of the Cods or Womens Breasts, or elsewhere, if they be boiled in Wine, and either applied themselves, or the Fomentation warm; it also assuageth the Pain of the Gout, the Sciatica, and all other Pains in the Joints which arise from a hot Cause. And applied with Vinegar to the Forehead and Temples, helpeth the Head-ach, and want of Sleep in hot Fevers. The Juice of the Herb or Seed, or the Oil drawn from the Seed, do the like. The Oil of the Seed is helpful for Deafness, Noise, and Worms in the Ears, being dropped therein; the Juice of the Herb or Root, doth the same. The Decoction of the Herb or Seed, or both, killeth Lice in Man or Beast. The Fume of the dried Herb, Stalks and Seed, burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet, by holding them in the Fume thereof. The Remedy to help those

Inflammations, Cods, Womens Breasts, Gout, Sciatica, Joints, Watching, Deafness, Noise in the Ears, Chilblains, Kibes.

that have taken *Henbane*, is to drink Goats Milk, Honey'd Water, or Pine Kernels, with sweet *Wine*; or in the Absence of these, Fennel seed, Nettle-seed, the Seed of Cresses, Mustard, or Radish, as also Onions or Garlick taken in *Wine*, do all help to free them from Danger, and restore them to their due Temper again.

Take notice, That this *Herb* must never be taken inwardly; outwardly, an Oil, Ointment, or Plaister of it, is most admirable for the Gout; to cool the Veneral Heat of the Reins in the *French-Pox*; to stop the Tooth-ach, being applied to the aking Side, to allay all Inflammations, and to help the Diseases before premised. *French-Pox, Tooth-ach.*

### Hedge-Hysop.

Descript.] **D**ivers Sorts there are of this Plant; the first of which is an Italian by Birth, and only nursed up here in the Gardens of the Curious. Two or three Sorts are to be found, commonly growing Wild here; the Description of two of which I shall give you. The first is a smooth, low Plant, not a Foot high, very bitter in Taste, with many square Stalks, diversly branched from the Bottom to the Top with divers Joints, and two small Leaves at each Joint, broader at the Bottom than they are at the End, a little dented about the Edges, of a sad green Colour, and full of Veins. The Flowers stand at the Joints, being of a fair purple Colour, with some white Spots in them, in Fashion like those of dead Nettles. The Seed is small and yellow, and the Roots spread much under Ground.

The second seldom groweth half a Foot high, sending up many small Branches, whereon grow many small Leaves, set one against the other, somewhat broad, but very short. The Flowers are like the Flowers of the other in Fashion, but of a pale, reddish Colour. The Seeds are small and yellowish. The Root spreadeth like the other, neither will it yield to its Fellow one Ace of Bitterness.

Place.] They grow in wet, low Grounds, and by the Water Sides; the last may be found among the Bogs on *Hamstead-Heath*.

Time.] They Flower in *June* and *July*, and the Seed is ripe presently after.

*Government and Vertues.*] They are Herbs of Mars, and as Cholerick and Churlish as he is, being most violent Purgers, especially of Choler, Flegm, Dropisie Choler and Flegm. It is not safe taking them inwardly, unless they be Ulcers. well rectified by the Art of the Alchymist, and only the purity of them given; if sousted they may be very healthful both for the Dropisie, Gout, and Sciatica; outwardly used in Ointments they kill Worms, the Belly anointed with it, and are excellent good to cleanse old and filthy Ulcers.

### Black Hellebore.

**I**T is called also Setter-wort, Setter-Grass, Bears-foot, Christmas Herb, and Christmas Flower.

*Description.*] It hath sundry fair green Leaves rising from the Root, each of them standing about and handfull high from the Earth; each Leaf is divided into seven, eight, or nine parts, dented from the middle of the leaf to the point on both sides, abiding green all the Winter; about Christmas time, if the Weather be any thing temperate, the Flowers appear upon foot stalks, also consisting of five large, round, white Leaves apiece, which sometimes are purple towards the edges, with many pale yellow thrums in the middle; the Seeds are divided into several Cells, like those of Columbines, save only they are greater; the Seeds are in colour black, and in form long and round: The Root consisteth of numberless blackish strings all united into one Head.

There is another Black Hellebore which groweth up and down in the Woods very like this, but that only the Leaves are smaller and narrower, and perish in the Winter, when this doth not.

*Place.*] The first is maintained in Gardens. The second is commonly found in the Woods in Northamptonshire.

*Time.*] The first flowereth in December or January; the second in February or March.

*Government and Vertues.*] It is an Herb of Saturn, and therefore no marvel if it hath some fullen Melancholy, Quartan Conditions with it, and would be far safer, being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common Cure is to take Goats Milk: If you cannot get Goats Milk; you must make a shift with such as you can get. The Roots

Melancholy, Quartan Agues, Madnes, Falling Sickness, Leprosie, Yellow and black Jaundice, Gout, Sciatica, Terms provokes, Ulcers, Dead-flesh, Cough, and Poison in Cattle.

are very effectual against all melancholy Diseases, especially such as are of long standing, as Quartan Agues, and Madness. It helps the Falling sickness, and the Leprosy, both the yellow and the black Jaundice, the Gout, Sciatica, Convulsions; and truly this was found out by Experience, that the Root of that which groweth wild in our Country, works not so churlishly as those do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root used as a Pessary, provokes the Terms exceedingly; also being beaten into Powder, and strewed upon foul Ulcers, it consumes the dead Flesh, and instantly heals them; nay it will help gangreens in the beginning: Twenty Grains taken inwardly is a sufficient dose for one time, and let that be corrected with half so much Cinnamon; Country People used to Rowel their Cattle with it. If a Beast be troubled with a Cough, or have taken any Poison, they bore a hole through his Ear, and put a piece of the Root in it, this will help him in twenty four hours time. Many other uses Farriers put it to, which I shall forbear.

### Herb Robert.

**Descript.]** It riseth up with a reddish Stalk two foot high; having divers Leaves thereon upon very long and reddish Foot stalks, divided at the ends into three or five Divisions, each of them cut in on the Edges, some deeper than others, and all dented likewise about the Edges, which sometimes turn reddish. At the tops of the Stalks come forth divers Flowers made of five Leaves, much larger than the Doves Foot, and of a more reddish colour; after which come black-heads, as in others. The Root is small and thready, and smelleth as the whole Plant, very strong, almost stinking.

**Place.]** This groweth frequently every where by the waysides, upon Ditch Banks, and waste Ground, wheresoever one goeth.

**Time.]** It flowereth in June and July chiefly, and the Seed is ripe shortly after.

**Government and Vertues.]** It is under the Dominion of Venus. Herb Robert is commended not only against the Stone, but to stay Blood, where or howsoever flowing; it speedily healeth all green Wounds, and is effectual in old Ulcers in the Privy-parts or elsewhere. You may persuade yourself this is true, and

Stone, Bleeding, Terms  
stop, Wounds, Ulcers  
in the Privities.

also conceive a good reason for it, do but consider 'tis an herb of *Venus*, for all it hath a Man's Name.

## Herb True-love, or One Berry.

**Descript.]** Ordinary Herb True-love hath a small creeping Root running under the upper Crust of the Ground somewhat like a Couch grass Root, but not so white, shooting forth Stalks with Leaves, some whereof carry no Berries, the others do, every Stalk smooth without Joints, and blackish green, rising about half a Foot high, if it bear Berries, otherwise seldom so high; bearing at the top four Leaves set directly one against another in manner of a Cross or Ribbond tied (as it is called) on a True Loves knot, which are each of them apart somewhat like unto a Night shade Leaf but somewhat broader, having sometimes three Leaves sometimes five, sometimes six, and those sometimes greater than in others, in the middle of the four Leaves rising up one small slender stalk, about an Inch high, bearing at the top thereof one Flower spread open, like a Star, consisting of four small and long narrow pointed Leaves of a yellowish green Colour, and four other lying between them lesser than they; in the middle whereof stands a round dark purplish Button or Head, compassed about with eight small yellow mealy Threads, with three colours, making it the more conspicuous, and lovely to behold. This Button or Head in the middle, when the other Leaves are withered, becometh a blackish purple Berry full of Juice of the bigness of a reasonable Grape, having within it many white Seeds. The whole Plant is without any manifest taste.

**Place.]** It groweth in Woods and Coppes, and sometimes in the Corners or Borders of Fields, and waste Grounds, in very many places of this Land: And abundantly in the Woods, Coppes, and other places about Chishurst, and Maidstone in Kent.

**Time.]** They spring up in the middle of April or May, and are in Flower soon after: The Berries are ripe in the end of May, and in some places in June.

**Government and Vertues.]** Venus owns it, the Leaves or Berries hereof are effectual to expel Poison of all sorts, especially that of the Aconites. As also the Plague, and other Pestilential Diseases, some, have been holpen thereby, saith Matthioli, that have lain long in a lingering Sickness.

Poison, Pestilence, Fevers, Witchcraft, Cholic, Wounds, Ulcers, swellings in the Groin, Cods and Privities, Inflammations, Apostumes.

And othersthat by Witchcraft (as it was thought) were become half foolish, by taking a dram of the Seeds or Berries hereof in Powder every day for twenty days together, they were restored to their former health. The Roots in Powder taken in Wine easeth the Pains of the Cholick speedily. The Leaves are very effectual as well for green Wounds, as to cleanse and heal up filthy old Sores and Ulcers; and is very powerful to discuss all Tumours and Swellings in the Cods, Privy Parts, or Groin or in any part of the Body, and speedily to allay all Inflammations. The Leaves or the Juice applied to Felons, or those Nails of the Hands or Toes, that have Imposthumes or Sores gathered together at the Roots of them, healeth them in a short Space.

The Herb is not to be described for the Premisses, but is fit to be nourished in every good Womans Garden.

## Hyfop.

**H**Yfop is so well known to be an Inhabitant in every Garden, that it will save me labour in writing a Description thereof. The Virtues are as followeth.

*Temperature and Vertues.*] The Herb is *Jupiter's*, and the Sign *Cancer*. It strengthens all the parts of the Body under *Cancer* and *Jupiter*; which what they may be, is found amply discoursed in my *Astrological Judgment of Diseases*. *Dioscorides* saith, that Hyfop boiled with Rue and Honey, and drunk, helpeth those that are troubled with Coughs, Shortness of Breath, wheezing and Rheumatick Distillations upon the Lungs; taken also with Oxymel, it purgeth gross humours by the Stool; and with Honey killeth worms in the Belly; and with fresh and new figs bruised, helpeth to loosen the Belly, and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cherisheth the Native Colour of the Body, spoiled by the Yellow Jaundice; and being taken with Figs and Nitre, helpeth the Dropsie and Spleen, being boiled with Wine, it's good to wash Inflammations, and taketh away the black and

and blue Spots and marks that come by Strokes, Bruises or Falls, being applied with warm water. It is an excellent Medicine for the Quinsy, or Swelling in the Throat, to wash and gargle it, being boiled with Figs. It helpeth the Tooth-ach, being boiled in Vinegar, and gargled therewith. The hot Vapours of the Decoction taken by a Funnel in at the Ears, easeth the Inflammation and ringing noise of them. Being bruised and Salt, Honey and Cummin-seed put to it, it helpeth those that are stung by Serpents. The Oil thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth those that have the Falling-sickness, which way soever it be applied. It helpeth to expectorate tough Flegm, and is effectual in all cold Griets, or Diseases of the Chest and Lungs, being taken either in Syrup or Licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any Cut or green Wounds, being thereunto applied.

## Hops.

**T**Hese are so well known, that they need no Description, I mean the Manured Kind, which every good Husband, or Housewife is acquainted with.

*Descript.*] The wild Hop groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough branches and Leaves like the former, but it giveth smaller Heads, and in far less plenty than it, so that there is scarce a Head or two seen in a Year on divers of this wild kind, wherein consisteth the chief difference.

*Place.*] They delight to grow in low moist grounds, and are found in all parts of this Land.

*Time.*] They spring not up until April, and flower not until the latter end of June; the Heads are not gathered until the middle or latter end of September.

*Government and Vertues.*] It is under the Dominion of Mars. This in Physical Operations, is to open Obstructions of the Liver and Spleen to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urine. The Decoction of the Tops of Hops, as well of the Tame as the Wild, worketh the same

Liver, Spleen, Obstructions, Blood, Reins cleanseth, French-Pox, Scabs, Itch, Tetters, Ring-worms, Morpewes Poy-effects,

son, Worms, Terms provoke, Dysury, Yellow Jaundice, Liver, Stomach, Agues.

effects. In cleansing the Blood they help to cure the French Disease, and all manner of Scabs, Itch, and other breakings out of the Body; as also all Teters, Ring worms and spreading Sores,

the Morpew and all discolouring of the Skin. The decoction of the Flowers and tops, do help to expel Poyson that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courses, and expelleth Urine. A Syrup made of the Juyce and Sugar, cureth the Yellow Jaundice, easeth the Head-ach that comes of heat, and temperateth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that rise in Cholera and Blood. Both the wild and the manured, are of one property, and alike effectual in all the aforefaid Diseases.

By all these Testimonies, Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. Reason will tell you how it performs these Actions.

## Hore-hound.

Descript.] Common Hore - hound groweth up with square hairy Stalks, half a yard, or two foot high, set at the Joints with two round crumpled rough Leaves of a sullen hoary green Colour, of a reasonable good Scent, but a very bitter Taste. The Flowers are small, white and gaping, set in a rough, hard prickly Husk round about the Joints with the Leaves from the middle of the Stalk upward, wherein afterwards is found small, round blackish Seed. The Root is blackish, hard and Woody, with many strings thereat, and abideth many Years.

Place.] It is found in many parts of this Land, in dry grounds and waste green places.

Time.] It flowereth in and about July, and the Seed is ripe in August.

Government and Vertues.] It is an Herb of Mercury. A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey, is a Remedy for those that are Purisy or short-winded, or have a Cough, or are fallen into a Consumption, either through long

Difficulty of breath,  
Cough, Consumption,  
on, Flegm, Terms

long Sickness, or thin Distillations of Rheum upon the Lungs. It helpeth to expectorate tough Flegm from the Chest being taken from the Roots of Iris or Orris. It is given to Women to bring down their Courses, to expel their after-birth, and to them that have fore and long Travails; as also to those that have taken Poyson, or are stung or bitten by venomous Serpents. The Leaves used with Honey, purge foul Ulcers, stay running or creeping Sores, and the growing of the Flesh over the Nails. It also helpeth Pains of the Sides. The Juice thereof with Wine and Honey, helpeth to clear the Eye Sight, and snuffed up into the Nostrils purgeth away the Yellow Jaundice, and with a little Oyl of Roses dropped in the Ears, easeth the Pains of them. *Galen* saith, it openeth Obstructions, both of the Liver and Spleen, and purgeth the Breast and Lungs of Flegm; and used outwardly it both cleanseth and digesteth. A Decoction of Hore-hound (saith *Matthiolus* is available for those that have hard Livers, and for such as have Itches and running Tetters. The Power hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boiled in old Hogs-grease unto an Ointment, healeth the Bitings of Dogs, abateth the Swellings and Pains that come by any pricking of Thorns, or such like Means; and used with Vinegar, cleanseth and healeth Tetters. There is a Syrup made of Hore-hound to be had at the Apothecaries, very good for old Coughs, to rid the tough Flegm; as also to avoid cold Rheums from the Lungs of old Folks, and for those that are Asthmatick or short winded.

provokes, After-birth, Weariness, Poyson, Venomous Beasts, Ulcers, Sides, Eyes, Yellow-Jaundice, Ears, Obstructions of the Liver and Spleen, Livers, Itch, Tetters, Worms, Dogs, Bitings, Womens Breasts, Thorns, Asthma's.

### Horfe tail.

OF that there are many Kinds; but I shall not trouble you nor my self with any large Description of them; which to do, were but as the Proverb is, *To find a Knot in a Rush.* All the Kinds thereof being nothing else but knotted Rushes,

Rushes, some with Leaves and some without. Take the Description of the most eminent sort as followeth:

*Descript.*] The great Horse-tail at the first springing hath Heads somewhat like those of Asparagus, and after grow to be hard, rough hollow stalks, jointed at sundry places up to the top, a Foot high, so made as if the lower parts were put into the the upper, where grow on each side a Bush of small, long Rush-like hard Leaves, each part resembling a Horse-tail from whence it was so called. At the tops of the Stalks, come forth small Catkins, like those of Trees. The Root creepeth under Ground, having Joynts at sundry places.

*Place.*] This (as the most of other sorts hereof) groweth in wet Grounds.

*Time.*] They spring up in April, and their blooming Catkins in July, feeding for the most part in August, and then perish down to the Ground, rising afresh in the Spring.

*Government and Vertues.*] The Herb is belonging to Saturn, yet is very harmless, and excellent good for the things following: Horse-tail, the smoother rather than the rough, and the leaved rather than the bare, as most Physical. It is very powerful to stanch bleeding wheresoever, either inward or outward, the Juice or the Decoction thereof being drunk, or the Juice, Decoction, or distilled water applied outwardly.

Bleeding, Fluxes, Terms stop, Pissing blood, inward Ulcers, Excoriations of the Bladder, Ulcers, Wounds, Ruptures, Dysury, Stone, Strangury, Cough, Inflammations, Pimples, Red Face.

It stayeth also all sorts of Lasks and Fluxes in Man or Woman, and the Pissing of Blood, and healeth also not only the inward Ulcers, and Excoriation of the Entrails, Bladder, &c. but all other sorts of foul, moist and running Ulcers, and soon sodereth together the tops of green Wounds. It cureth all Ruptures in Children. The Decoction thereof in Wine being drunk, pro-

voketh Urine, and helpeth the Stone and the Strangury; and the distilled Water thereof drunk two or threetimes in a day, and a small quantity at a time, also easeth the Entrails or Gout, and is effectual against a Cough that comes by Distillation from the Head. The Juice or distilled Water being warmed, and hot Inflammations, Pustules, or red Wheals, and other breakings out in the Skin, being bathed therewith, doth help them; and doth no less ease the swelling Heat

and

and Inflammation of the Fundament, or Privy-parts in M  
r Woman.

## Housleek or Sengreen.

**B**OTH these are so well known unto my Country-men, that I shall not need to write any Description of them.

*Place.*] It groweth commonly on Walls and House-sides, and flowereth in *July*.

*Government and Vertues.*] It is an Herb of *Jupiter*, and it's reported by *Mezaldus*, to preserve what it grows upon from Fire and Lightning. Our ordinary Housleek is good for all inward Heats, as well as outward, and in the Eyes, or other parts of the Body; a Posset made with the Juycce of Housleek, is singular good in all hot Agues, for it cooleth and tempereth the Blood and Spirits, and quencheth the

Thirst. And also good to stay all hot defluxions or sharp and salt Rheums in the Eyes, the Juice being dropped into them; or into the Ears, helpeth them. It helpeth also other Fluxes of Humours in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, St. Anthony's Fire, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ring-worms, and the like; and much easeth the Pain of the Gout proceeding from an hot Cause. The Juice also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin and Leaves being laid on them afterwards. It easeth also the Head-ach and distempered heat of the Brain in Frenzies, or through want of Sleep, being applied to the Temples and Forehead. The Leaves bruised and laid upon the Crown or Seam of the Head, stayeth Bleeding at the Nose very quickly. The distilled Water of the Herb is profitable for all the purposes aforesaid. The Leaves being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the pain.

*Heat, Thirst, Agues, Eyes, Salt Rheums, Ears, Terms stopt, Fluxes, Inflammations, St. Anthony's Fire, Burning, Scaldings, Tetters, Ring-worms, Corns on the Hands and Feet, Head-ach, Frenzy, Watching, Bleeding, Nettles, Bees.*

## Hounds-Tongue.

**Descript.]** **T**HE great ordinary Hounds Tongue hath many long and somewhat narrow, soft, hairy darkish green Leaves, lying on the Ground, somewhat like unto Bugloss Leaves, from amongst which riseth up a rough hairy Stalk above two Foot high, with some smaller Leaves thereon, and branched at the Tops into divers Parts, with a small Leaf at the Foot of every Branch, which is somewhat long, with many Flowers set along the same, which Branch is crooked or turneth inward before it flowereth, and openeth by Degrees, as the Flowers do blow, which consist of small purplish red Leaves of a dead Colour, rising out of the Husks wherein they stand with some Threads in the Middle. It hath sometimes a white Flower. After the Flowers are past, there cometh rough flat Seed, with a small Pointle in the Middle easily cleaving to any Garment that it toucheth, and not so easily pulled off again. The Root is black, thick, and long, hard to break and full of a clammy Juice, swelling somewhat strong, of an evil Scent, as the Leaves also do.

**Place.]** It groweth in moist Places of this Land, in waste Grounds, and untilled Places, by high Way Sides, Lanes, and Hedge Sides.

**Time.]** It flowereth about May and June, and the Seeds is ripe shortly after.

**Government and Virtues.** [It is a Plant under the Dominion of Mercury : The Root is very effectually used in Pills as well as the Decoction, or otherwise, to stay all sharp and thin Defluxions

Eyes, Nose, Stomach, Lungs, Shortness of Breath, Mad - Dogs, Scalding, Burning, Hemorrhoids, Wounds, Ulcers, French-Pox.

of Rheum from the Head into the Eyes or Nose ; or upon the Stomach or Lungs, as also for Coughs or Shortness of Breath. The Leaves boiled in Wine (saith Dioscorides, but others do rather appoint it to be made with Water, and do add thereto Oil and Salt) mollifieth or openeth the Belly downwards.

It also helpeth to cure the biting of a mad Dog, some of the Leaves being also apply'd to the Wound : The Leaves bruised, or the Juice of them boild in Hogs-Lard, and apply'd, helpeth in falling away of the Hair, which cometh of hot and sharp Humours ; as also for any Place that is scalded or burnt ; the

Leaves

Leaves bruised and laid to any green Wound doth heal it up quickly; the Root baked under the Embers wrapped in PASTE, or wet Paper, or in a wet double Cloth, and thereof a Suppository made, and put up into, or apply'd to the Fundament, doth very effectually help the painful Piles or Hæmorrhoids. The distilled Water of the Herbs and Roots is very good to all the Purposes aforesaid, to be us'd as well inwardly to drink as outwardly to wash any sore Places, for it healeth all Manner of Wounds and Punctures, and those foul Ulcers that arise by the French Pox.

Mizaldus adds to this, That the Leaves laid under the Feet, will keep the Dogs from barking at you; Hounds-Tongue, because it ties the Tongues of Hounds; whether it be true or not, I never try'd; yet I cur'd the biting of a mad Dog with this only Medicine.

## Holly, Holm, or Hulver-Bush.

FOR to describe a Tree so well known is needless.

*Government and Virtues.*] The Tree is really *Saturnine*. The Berries expel Wind, and therefore are held to be profitable in the Cholick. The Berries have a strong Faculty with them; for if you eat a Dozen of them in the Morning fasting when they are ripe, and not dried they purge the Body of gross and clammy Flegm; but if you dry the Berries, and beat them into Powder, they bind the Body, and stop

Fluxes, Bloody Fluxes, and the Terms in Women. The Bark of the Tree, and also the Leaves are excellent good being used in Fomentations for broken Bones, and such Members as are out of Joynt. *Pliny* saith, the Branches of the Tree defend Houses from Lightning, and Men from Witchcraft.

## St. John's-wort.

*Descript.*] Common St. John's-wort shooteth forth brownish; upright, hard, round Stalks, two Foot high, spreading many Branches from the Sides up to the Tops of them, with two small Leaves set one against another at every Place, which are of a deep green Colour, somewhat like the Leaves of the lesser Centaury, but narrower, and full of small

small holes in every Leaf, which cannot be so well perceived, as when they are held up to the Light, at the tops of the stalks and Branches stand yellow Flowers made of five Leaves apiece, with many yellow Threads in the middle, which being bruised, do yield a reddish Juice like Blood; after which come small round Heads, wherein is contained small blackish Seed smelling like Rosin. The Root is hard and woody, with divers strings and fibres at it, and of a brownish Colour, which abideth in the ground many years, shooting anew every Spring.

*Place.*] This groweth in Woods and Copfes, as well those that are shady, as open to the Sun.

*Time.*] They flower about Midsummer, and in July, and their Seed is ripe in the latter end of July or August.

*Government and Vertues.*] It is under the Celestial Sign *Leo*, and under the Dominion of the Sun. It may be, if you meet with a Papist that is an Astrologer, he will tell you *St. John* made it over to him by a Letter of Attorney, especially if withal he be a Lawyer also. *St. John's wort* is a singular Wound Herb, as any other whatsoever, either for inward Wounds, Hurts or Bruises,

Wounds, Bruises, Obstructions, Swellings, spitting and vomiting Blood, Venemous Blisters, Dysury, Choler, Agues, Sciatica, Falling sickness, Palsie.

to be boiled in Wine and drunk, or prepared into Oil or Ointment, Bath or Lotion outwardly. It hath Power to open Obstructions, to dissolve Swellings, to close up the Lips of Wounds, and to strengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers but of the Seed especially, in Wine being

drunk, or the Seed made in a Powder, and drunk with the Juice of Knot-grass, helpeth all manner of Spitting and Vomiting of Blood, be it by any Vein broken inwardly by Bruises, Falls, or however. The same helpeth those that are bitten or stung by any Venemous Creature and is good for those that are troubled with the Stone in the Kidneys; or that cannot make Water, and being applied, provoketh Womens Courses. Two drams of the Seed of *St. John's wort* made into Powder, and drunk in a little Broth, doth gently expel Choler, or congealed Blood in the Stomach. The decoction of the Leaves and Seeds being drunk somewhat warm before the fits of Agues, whether they be Tertians, or Quartans, doth alter the fits, and by often using, doth take them quite away. The Seed is

much

much commended, being drunk for forty Days together to  
p the Sciatica, the Falling-sickness, and the Palsy.

## Ivy.

It is well known to every Child almost to grow in Woods,  
upon the Trees, and upon the Stone Walls of Churches,  
houses, &c. and sometimes to grow alone of itself, tho' but  
dom.

*Time.*] It flowereth not until *July*, and the Berries are not  
pe till *Christmas*, when they have felt Winter-frosts.

*Government and Vertues.*] It is under the Dominion of *Saturn*.  
Pugil of the Flowers, which may be about a Dram (saith  
*Ascorides*) drunk twice a Day in red Wine, helpeth the Lask,  
d Bloody-Flux. It is an Enemy to  
e Nerves and Sinews, being much  
ken inwardly, but very helpful unto  
em being outwardly applied. *Pliny*  
ith, that the yellow Berries are good  
ainst the Jaundice; and taken before  
e be set to drink hard, preserveth  
om Drunkenness, and helpeth those  
it spit Blood. And that the white  
berries being taken inwardly, or ap-  
y'd outwardly, killeth the Worms  
the Belly. The Berries are a sin-

*Flux, Bloody-Flux,  
Jaundice, Spitting  
Blood, Worms, Drunk-  
ennes, Pestilence,  
Swoon, Dysury, Terms  
provokes, Spleen, Stitch,  
Head-ach, Ulcers,  
Wounds, Burnings,  
Scaldings, Salt, Flegm,  
Rheum, sore Eyes.*

ular Remedy to prevent the Plague, as also to free them from  
that have got it, by drinking the Berries thereof made into a  
owder, for two or three Days together. They being taken in  
ine, do certainly help to break the Stone, provoke Urine and  
omens Courfes. The fresh Leaves of Ivy, boiled in Vinegar,  
nd applied warm to the Sides of those that are troubled with  
e Spleen, Ach, or Stich in the Sides, doth give much Ease:  
he same applied with some Rose-Water, and Oil of Roses, to  
e Temples and Forehead, easeth the Head-ach, tho' it be of  
ng Continuance. The fresh Leaves boiled in Wine, and old  
lthy Ulcers hard to be cured, washed therewith, doth wonder-  
lly help to cleanse and heal them. It also quickly healeth  
reen Wounds, as also, it is effectual to heal all Burnings  
ad Scalding, and all Kinds of Exulcerations coming there-  
y, or by salt Flegm or Humours, in other Parts of the  
ody. The Juice of the Berries or Leaves snuffed up into

the Nose, purgeth the Head and Brain of thin Rheum that maketh Defluxions into the Eyes and Nose, and curing the Ulcers and Stench therein; the same dropped into the Ears, helpeth the old and running Sores of them; those that are troubled with the Spleen, shall find much Ease by continual drinking out of a Cup made of Ivy, so as the Drink may stand for a small Time therein before it be drunk. *Cato* saith, That Wine put into such a Cup will soak through it, by Reason of the Antipathy that is between them.

There seems to be a very great Antipathy between Wine and Ivy; for if any have got a Surfeit by drinking of Wine, his speediest Cure is to drink a Draught of the same Wine wherein a handful of Ivy Leaves, being first bruised, have been boiled.

### Juniper-Bush.

**F**OR to give a Description of a Bush so commonly known is needless.

*Place.*] They grow plentifully in divers Woods in *Kent*, upon *Warny-Common* near *Brentwood* in *Sussex* upon *Finchly-Common* without *Highgate*, hard by the *New Found-Wells* near *Dulledag* upon a *Common* between *Micham* and *Croyden*, in the *High Woods* near *Amersham* in *Buckinghamshire*, and many other Places.

*Time.*] The Berries are not ripe the first Year, but continue green two Summers and one Winter before they are ripe; which Time they are of a black Colour, and therefore you shall always find upon the Bush green Berries; the Berries are ripe about the Fall of the Leaf.

*Government and Virtues.*] This admirable Solar Shrub is scarce to be paralleled for his Vertues. The Berries are hot in the third Degree, and dry but in the first, being a most admirable Counter-poison, and as great a Resister of the Pestilence, as any grow; they are excellent good against the Bitings of venomous Beasts, they provoke Urine exceedingly, and therefore are very available to Dysuria and Stranguries. It is so powerful a Remedy, against the Dropsy, the

Counter-poison, Pestilence, Venomous Beasts, Urine provoketh, Dysuria, Strangury, Dropsie, Terms provoketh, Mother-Fits, Stomack, Wind expels, Cholick, Cough, Shortness of Breath, Consumptions, Pains in Belly, Ruptures, Cramp, Convulsions, Speedy Delivery

the very Lye made of the Ashes of the Herb being drunk, cures the Disease. It provokes the Terms, helps the Fits of the Mother, strengthens the Stomach exceedingly, and expels Wind. Indeed there is scarce a better Remedy for Wind in any Part of the Body, or the Cholick, than the Chymical Oil drawn from the Berries, such Country People as know not how to

to Women, Brain, Memory, Sight, Agues, Gout, Sciatica, Limbs strengthneth, Scurvey, Fluxes stopp'd, Piles, Worms, Itch, Scab, Leprosy, Stone, Appetite provoketh, Palsy, Falling-Sickness.

draw the Chymical Oyl, may content themselves by eating ten or a dozen of the ripe Berries every Morning fasting; they are admirably good for a Cough; Shortness of Breath, and Consumption, Pains in the Belly, Ruptures, Camps, and Convulsions. They give safe and speedy Delivery to Women with Child, they strengthen the Brain exceedingly, help the Memory, and fortify the Sight by strengthening the Optick Nerves. They are excellent good in all Sorts of Agues, they help the Gout and Sciatica, and strengthen all the Limbs of the Body. The Ashes of the Wood is a special Remedy to such as have the curvy, to rub their Gums with. The Berries stay all Fluxes, help the Hæmorrhoids or Piles, and kill Worms in Children. The Lye made of the Ashes of the Wood, and the Body bathed with it, cures the Itch, Scabs and Leprosy. The Berries break the Stone, procure Appetite when it is lost, and are excellent good for Palsies, and Falling-Sickness.

### Kidney-wort, or Wall-Penny-Royal, or Wall-Penny-Wort.

[Description.] **I**T hath many thick, flat, and round Leaves growing from the Root, every one having a long Foot-stalk, fastened underneath, about the Middle of it, and a little unevenly leaved sometimes about the Edges, of a pale green Colour, and somewhat yellow on the upper Side like a Sawcer; from among which rise one or more tender, smooth, hallow Stalks half a Foot high, with two or three small Leaves thereon, usually not round as those below, but somewhat long, and divided at the Edges; the Tops are somewhat divided into long Branches, bearing a number of Flowers, set round about a long Spike one above another, which are hollow and like a little Bell, of a whitish green Colour, after which come small Heads, containing very small

Small brownish Seed, which falling on the Ground, will plentifully spring up before Winter, if it have Moisture. The Root is round, and most usually smooth, grayish without, and whitish within, having small Fibres at the Head of the Root, and Bottom of the Stalk.

*Place.*] It groweth very plentifully in many Places of this Land, but especially in all the West Parts thereof upon Stone and Mud Walls, upon Rocks also, and in Stony Places upon the Ground, at the Bottom of old Trees, and sometimes on the Bodies of them that are decayed and rotten.

*Time.*] It usually flowereth in the Beginning of May and the Seed ripening quickly after, sheddeth itself; so that about the End of May, usually the Leaves and Stalks are withered, dry, and gone until September, that the Leaves spring up again, and so abide all Winter.

*Government and Vertues.*] Venus challengeth the Herb under Libra. The Juice or the distilled Water being drunk is very effectual for all Inflammations and unnatural Heats

*Inflammations, Pimples, Redness, St. Anthony's Fire, Kidneys hurt by the Stone, Dysfury, Stone, Bloody flux, Piles, Hemorrhoids, Gout, Sciatica, Cods, King's-Evil, Kibes, Chilblains.*

to cool a fainting hot Stomach, or a hot Liver, or the Bowels; the bruised Herb, or the Place bathed with the Juice, or distilled Water thereof, and outwardly applied, healeth Pimples, Redness, St. Anthony's Fire and other outward Heats and Inflammations. The said Juice or Water helpeth much also to heal sore Kidneys, torn or fretted by the Stone, or excoriated within, and easeth the Pains: It also provokes Urine, and is available for the Dropsie, and helpeth to break the Stone, cooling the inflamed Parts and other Pains of the Bowels, and the Bloody-Flux. It is singular good to cool the painful Piles, or Hemorrhoidal Veins, the Juice being used as a Bath unto them, or made into an Ointment. It is no less effectual to give Ease of Pains of the hot Gout, the Sciatica, and the Inflammations and Swellings in the Cods; it helpeth the Kernels or Knots of the Neck or Throat, called the King's-Evil; healeth Kibes and Chilblains if they be bathed with the Juice, or anointed with an Ointment made thereof, and some of the Sk

the Leaf upon them; it is also used in green Wounds to stay the Blood, and to heal them quickly.

## Knapweed.

**Script.]** THE common Sort hereof hath many long and somewhat broad dark green Leaves, rising from the Root, dented about the Edges, and sometimes a little rent or torn on both Sides in two or three Places, and somewhat wiry withal; amongst which riseth a long round Stalk, four or five Foot high, divided into many Branches; at the Tops whereof stand great scaly green Heads, and from the Middle of them thrust forth a Number of dark purplish red Thrums or Threads, which after they are withered and past, there are found divers black Seeds, lying in a great deal of Down, somewhat like unto a Thistle Seed, but smaller; the Root is white, hard and woody, and divers Fibres annexed thereunto, which perisheth not, but continueth with Leaves thereon all the Winter, shooting out fresh every Spring.

**Place.]** It groweth in most Fields and Meadows, and about their Borders and Hedges, and in many waste Grounds also every where.

**Time.]** It usually flowereth in June and July, and the Seed ripe shortly after.

**Government and Vertues.]** Saturn challengeth the Herb for his own. This Knapweed helpeth to stay Fluxes, both of Blood from the Mouth or Nose, or other outward Parts, and those Veins that are inwardly broken, or inward Wounds, as also the Fluxes of the Belly; it stayeth Distillations of thin and sharp Humours from the Head upon the Stomach and Lungs, it is good for those that are afflicted by any Fall, Blows or otherwise, it is very profitable for those that are

Fluxes, Bleeding;  
Veins broken, Pysick,  
Falls, Blows, Ruptures;  
Sores, Cankers, Fistu-  
laes, Scabby Head;  
sore Throat, Uvula,  
Jaws.

distressed, and have a Rupture, by drinking the Decoction of the Herb and Roots in Wine, and applying the same outwardly to the Place. It is singular good in all running Sores, Cancerous and Fistulous, drying up of the Moisture, and healing them up gently, without Sharpness; it doth the like to running Sores and Scabs of the Head, or other Parts. It is of special Use for the Soreness of the Throat, swelling of the Uvula and

Jaws; and excellent good to stay Bleeding, and heal up all green Wounds.

### Knot-Grass.

**I**T is generally known so well that it needeth no Description.

*Place.*] It groweth in every Country of this Land, by the High-Way Sides, and by Foot-Paths in Fields; as also by the Sides of the old Walls.

*Time.*] It springeth up late in the Spring, and abideth until Winter, when all the Branches perish.

*Government and Vertues.*] Saturn seems to me to own the Herb, and yet some hold the Sun; out of doubt 'tis Saturn. The Juice of the common kind of Knot Grass is most effectual to stay Bleeding at the Mouth, being drunk in steeled or red Wine; and the Bleeding at the Nose, to be applied to the Forehead and Temples, or to be squirted up into the Nostrils. And no less effectual to cool and temper the Heat of the Blood and Stomach, and to stay any Flux of the Blood and Humours

*Bleeding, Heat, Flux, Bloody-Flux, Courses stopp'd, Dysury, Gravel, Venomous Beasts, Rheums, Worms, Heat, Choler, Inflammations, Imposthumes, Gangreen, Fistulaes, Cankers, Ulcers, Wounds, Ears.*

as Lasks, Bloody-Flux, Women Courses, and Running of the Reins. It is singular good to provoke Urine, help the Strangury, and allayeth the Heat that cometh thereby; and is powerful by Urine, to expel the Gravel or Stone in the Kidneys and Bladder, a Dram of the Powder of the Herb being taken in Wine for many Days together: Being boiled in Wine and drunk, it is profitable to those that are stung or bitten by Venomous Creatures, and very effective

to stay all Defluxions of Rheumarick Humours upon the Stomach, and killeth Worms in the Belly or Stomach, quitteth inward Pains that arise from the Heat, Sharpness and Corruption of Blood and Choler. The distilled Water hereof taken by itself, or with the Powder of the Herb or Seed, is very effectual to all the Purposes aforesaid, and is accounted as one of the most Sovereign Remedies to cool all Manner of Inflammations, breaking out through Heat, hot Swellings and Imposthumations, Gangreen and fistulous Cankers, or foul filthy Ulcers, being applied or put into them; but especially for all Sort of Ulcers.

cers and Sores happening in the Privy Parts of Men and Women. It helpeth all fresh and green Wounds, and speedily healeth them. The Juice dropped into the Ears, cleanseth them being foul, and having running Matter in them. It is very prevalent for the Premisses ; as also for broken Bones and Ruptures.

## Ladies-Mantle.

**Script.]** It hath many Leaves rising from the Root, standing upon long hairy Foot-stalks, being almost round, but a little cut in on the Edges, into eight or ten Parts more or less, making it seem like a Star, with so many Corners, and Points, and dented round about, of a light green Colour, somewhat hard in handling, and as if it were folded or plaited first, and then crumpled in divers Places, and a little hairy, the Stalk is also which riseth up among them to the Height of two or three Foot, with such like Leaves thereon, but smaller, and being weak, is not able to stand upright, but bendeth down to the Ground, divided at the Top into two or three small Branches, with small yellowish green Heads and Flowers of a whitish Colour breaking out of them ; which being past, there cometh small blackish Seed like a Poppy Seed : The Root is somewhat long and thick, with many Strings and Fibres thereat.

**Place.]** It groweth naturally in many Pastures and Wood-pastures in Hertfordshire, Wiltshire, and Kent, and other Places of this Land.

**Time.]** It flowereth in May and June, abideth after Seed-time green all the Winter.

**Government and Vertues.]** Venus claims the Herb as her own. Ladies Mantle is very proper for those Wounds that have Inflammations, and is very effectual to stay Bleeding, Vomitings, Fluxes of all Sorts in Man or Woman, and bruises by Falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over great flagging Breasts ; causing them to grow less and hard, being both drunk, and outwardly applied ; the distilled Water drunk for twenty Days together helpeth Conception, and to retain the Birth ; if the Woman do sometimes also sit in a Bath made of a Decoction of the Herb.

*Inflammations , Bleeding, Vomiting , Fluxes, Bruises, Ruptures , flagging Breasts, Barrenness , Women without Child.*

It is one of the most singular Wound Herbs that is, and therefore highly priz'd and prais'd by the *Germans*, who use in all Wounds inward and outward, to drink a Decoction thereof and wash the Wounds wherewith, or dip Tents therein, and put them into the Wounds, which wonderfully dryeth up all Humidity of the Sores, and abateth Inflammations therein. It quickly healeth all green Wounds, not suffering any Corruption to remain behind, and cureth all old Sores, though fistulous and hollow.

### Lavender.

**B**Eing an Inhabitant almost in every Garden, it is so well known, that it needeth no Description.

*Time.*] It flowereth about the End of *June*, and Beginning of *July*.

*Government and Vertues.*] *Mercury* owns the Herb, and it carries his Effects very potently. Lavender is of special good Use for all the Grievs and Pains of the Head and Brains that pro-

*Head, Brains, Apoplexy, Falling-sickness, Lethargy, Cramps, Convulsions, Palsie, both dead and shaking, Stomach, Liver, Spleen, Terms provokes, Cholick, Vertigo, loss of Voice, Trembling, Fainting.*

ceed of a cold Cause, as the Apoplexy, Falling-sickness, the drowsie, or sluggish Malady, Cramps, Convulsions, Palsies, and often Faintings. It strengtheneth the Stomach and freeth the Liver and Spleen from Obstructions, provoketh Womens Courses, and expelleth the dead Child and After-Birth. The Flowers of Lavender steeped in Wine, helpeth them to make Water that are stopped, or are troubled with the Wind or Cholick, if the

Places be bathed therewith. A Decoction made with the Flowers of Lavender, Hore-hound, Fennel and Asparagus Roots, and a little Cinamon, is very profitably used to help the Falling-sickness, and the Giddiness or turning of the Brain. To gargle the Mouth with the Decoction thereof, is good against the Tooth-ach. Two Spoonfuls of the distilled Water of the Flowers taken, helpeth them that have lost their Voice as also the Tremblings and Passions of the Heart, and Fainting and Swoonings, not only being drunk, but applied to the Temples, or Nostrils to be smelt unto; but it is not safe to use it where the Body is replete with Blood and Humours, because

the hot and subtle Spirits wherewith it is possessed. The mycical Oil drawn from Lavedder, usually called Oil of *like*, is of so fierce and piercing Spirits, that it is cautiously to be used, some few Drops being sufficient to be given with other Things, either for inward or outward Griefs.

## Lavender-Cotton.

[T being a common Garden Herb, I shall forbear the Description, only take notice, that it flowereth in June and July.

*Government and Vertues.*] It is under the Dominion of Mercury. It resisteth Poison, Putrefaction, and heals the Bitings of Venemous Beasts: A Dram of the Powder of the dried Leaves taken every Morning fasting in any convenient Vehicle, stops the Running of the Reins in Men, and Whites in Women. The Seed being beaten into Powder, and taken as Wormseed, it kills the Worms, not only in Children, but also in People of riper Years; the like doth the Herb it self, being in Milk, and the Milk drunk; the Body bathed with the Decoction of it, helps Scabs and Itch.

*Poison, Putrefaction, Venemous Beasts, Running of the Reins, Whites in Women, Worms, Scabs, Itch.*

## Ladies-Smock, or Cuckoo-Flowers.

*Descript.*] THE Root is composed of many small white Threads, from whence spring up divers long Stalks of winged Leaves, consisting of many round, tender, dark, green Leaves, set one against another upon a middle Rib, the greatest being at the End, amongst which arose up divers tender, weak, round, green Stalks, somewhat streaked, with longer and smaller Leaves upon them; on the Tops of which, stand Flowers, almost like the Stock Gilliflowers, but rounder, and not so long, of a blushing, white Colour; the Seed is reddish, and groweth to small Bouches, being of a sharp, biting Taste, and so hath the Herb.

*Place.*] They grow in moist Places, and near to Brook-sides.

*Time.*] They flower in April or May, and the lower Leaves continue green all the Winter.

*Government and Vertues.*] They are under the Dominion of the Moon, and very little inferior to Water-Cresses in all their

*Scurvy, provokes Urine, Stone, Stomach, lost Appetite, Indigestion.*

their Operations; They are excellent good for the Scurvy; they provoke Urine, and break the Stone and excellently warm a cold and weak Stomach, restoring lost Appetite, and help Digestion.

## Lettuce.

**I**T is so well known being generally used as a Sallet Herb that it is altogether needless to write any Description thereof.

*Government and Vertues.*] The Moon owns them, and that's the Reason they cool and moisten what Heat and Driness Mars causeth, because Mars hath his Fall in Cancer, and they cool the Heart because the Sun rules it, between whom and the Moon is a Reception in the Generation of Man, as you may see in my *Guide for Women*. The Juice of *Lettuce* mixed or boiled

*Watching, Head-ach, Indigestion, Thirst, Milk increaseth, Choler, Bowels, Lust, Venereous Dreams, Inflammation, Heat of Urine.*

with Oil of Roses, applied to the Forehead and Temple procureth Sleep and easeth the Head-ach proceeding of an hot Cause. Being eaten boiled, it helpeth to loosen Belly. It helpeth Digestion quencheth Thirst, encreaseth Milk in Nurses, easeth griping Pains in the Stomach or Bowels, that come of Choler. It abated Bodily Lust, represseth Venereous Dreams, being outwardly apply'd to the Cods with a little Camphire. Apply'd in the same Manner to the Region of the Heart, Liver or Reins, or by bathing the said Places with the Juice of distilled Water, wherein some white Sanders, or red Roses are put also, it not only represseth the Heat and Inflammation therein, but comforts and strengthens those Parts, and also tempereth the Heat of Urine. Galen adviseth old Men to use it with Spices; and where Spices are wanting, to add Mint, Rocket, and such like hot Herbs, or else Citron, Limon, or Orange-Seeds, to abate the cold of one and Heat of the other.

The Seed and distilled Water of the *Lettuce* work the Effect in all Things; but the Use of *Lettuce* is chiefly forbidden to those that are short winded, or have any Imperfection in their Lungs, or spit Blood.

## Water-Lilly.

Of these there are two principally noted Kinds, viz. The white and the yellow.

*Descript.*] The white Lilly hath very large and thick dark green Leaves lying on the Water, sustained by long and thick root stalks, that rise from a great, thick, round and long tuberosus black Root, spongy or loose, with many Knobs thereon like eyes, and whitish within; from amidst the which rise other like thick and great Stalks, sustaining one large great Flower thereon, green on the out-side, but as white as Snow within, consisting of divers Rows of long and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, compassing a Head with many yellow Threads or Thrums in the Middle, where after they are past, stand round Poppy-like Heads, full of broad oily and bitter Seed.

The yellow Kind is a little different from the former, save only it hath fewer Leaves on the Flowers, greater and more shining Seed, and a whitish Root, both within and without. The Root of both being somewhat sweet in Taste.

*Place.*] They are found growing in great Pools, and standing Waters, and sometimes in slow running Rivers, and lesser Ditches of Waters, in sundry Places of this Land.

*Time.*] They flower most commonly about the End of May, and their Seed is ripe in August.

*Government and Vertues.*] The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former. The Leaves and Flowers of the Water-Lillies are cold and moist, but the Root and Seeds are cold and dry;

the Leaves do cool all Inflammations, *Inflammations, Agues.* both outward and inward Heats of

Agues, and so do the Flowers also, either by the Syrup or Conserve: The Syrup helpeth much to procure rest, and to settle the Brains of Frantick Persons, by cooling

the hot Distemperature of the Head. The Seed as well as the Root is effectual to stay Fluxes of Blood or Humours, either of Wounds or of the Belly; but the Roots are most used, some chusing the one, and some the other, to be more

*Witching, Frenzy, Flux, Belly, Running, of the Reins, Venery, Freckles, Spots, Sun-burn, Morpew.*

effectual to cool, bind, and restrain all Fluxes in Man or Woman, as also the Running of the Reins; and the passing

sing away of the Seed when one is asleep; but the frequent Use hereof extinguisheth Venereous Actions; The Root is likewise very good for those whose Urine is hot and sharp, to be boiled in Wine or Water, and the Decoction drank. The distilled Water of the Flowers is very effectual for all the Diseases aforesaid, both inwardly taken, and outwardly applied; and is much commended to take away Freckles, Spots, Sunburn and Morpew from the Face, or other Parts of the Body. The Oil made of the Flower, as Oil of Roses is made, is profitably used to cool hot Tumours, and the Inflammations of Ulcers and Wounds, and to ease the Pains, and help the Sores.

### Lilly of the Valley.

**C**alled also *Conval-Lilly*, *Male-Lilly*, and *Lilly Consancy*. Descript.] The Root is small, and creepeth far in the Ground, as Grass Roots do. The Leaves are many, amongst which ariseth up a Stalk half a Foot high, with many white Flowers, like little Bells, with turned Edges, of a strong, though pleasing Smell; the Berries are red, not much unlike those of Sparagus.

Place.] They grow plentifully upon *Hamstead-Heath*, and many other Places in this Nation.

Time.] They Flower in *May*, and the Seed is ripe in *September*.

Temperature and Vertues.] It is under the Dominion of *Mercury*, and therefore there is no Question to be made but it strengthens the Brain, recruits a weak

Brain, Memory, Inflammations in the Memory, and makes it strong again: Eyes, Pin and Web, The distilled Water dropped into the Eyes, helps Inflammations there; as lost Speech, Palsie, Apoplexy, Heart, Vital Pin and Web: The Spirit of the Flowers distilled in Wine, restoreth Spirits, Gout. lost Speech, helps the Palsie, and is

exceeding good in the Apoplexy, comforteth the Heart and Vital Spirits. *Gerrard* saith, That the Flowers being close stopped up in a Glass, put into an Ant-Hill, and taken away again a Month after, you shall find a Liquor in the Glass; which being outwardly applied, helps the Gout.

## White Lillies.

**I**T were in vain to describe a Plant so commonly known in every one's Garden, therefore I shall not tell you what they are, but what they are good for.

*Government and Virtues.*] They are under the Dominion of the Moon, and by Antipathy to Mars, expel Poison; they are excellent good in Pestilential Fevers, the Roots being bruised and boiled in Wine, and the Decoction drunk; for it expels the Venom to the exterior Parts of the Body: The Juyce of it being tempered with Barley-Meal, baked, and so eaten for ordinary Bread, is an excellent Cure for the Dropfie: An Ointment being made of the Root, and Hog's-Grease, is excellent good for Scald Heads, and unites Sinews when they are cut; besides the Virtue that it hath to cleanse Ulcers, it being of a fine suppurating quality: The Root boil'd in any convenient Decoction, gives speedy Delivery to Women in Travel, and expels the After-birth. The Root roasted and mixed with a little Hogs-grease, makes a gallant Poultis to ripen and break Plague-Sores. The Ointment is excellent good for Swellings in the Privities, and will cure Burnings and Scaldings without a Scar, and trimly deck a bald Place with Hair.

*Poison, Pestilential Fevers, Venom, Drop-sie, Scald-Heads, unites Sinews, Ulcers, After-birth, Plague-sores, Swellings in the Privities, Burnings, Scaldings, Hair restoreth.*

## Liquoris.

*Descript.*] **O**UR English *Liquoris* riseth up with divers woody stalks, whereon are set at several distances many narrow, long green Leaves, set together on both sides of the stalks, and an odd one at the end, very well resembling a young Ash-tree, sprung up from the Seed: This by many years continuance in a place without removing, and not else, will bring forth Flowers, many standing together spike fashion one above another upon the stalk, of the form of Pease blossoms, but of a very pale blue colour, which turn into long, somewhat flat and smooth Cods, wherein is contained small, round, hard seed: The Root running down exceeding deep into the Ground, with divers other small roots and fibres growing with them, and shoot out suckers from the main roots all about, whereby it is much encreased

increased, of a brownish Colour on the outside, and yellow within.

Place.] It is planted in Fields and Gardens in divers Places, of this Land, and thereof good profit is made.

Government and Vertues.] It is under the Dominions of Mercury. Liqueur boiled in fair Water, with some Maiden-hair and Figs, maketh a good Drink for those that have a dry Cough or Hoarseness, Wheezing, shortness of Breath, and for all the Grievs of the Breast and Lungs, Ptytick or Consumptions caused by the Distillation of Salt Humours on them. It is also good in all pains of the Reins, the Stranguary and heat of Urine: The fine Powder of Liqueur blown through a Quill into the Eyes, that have a Pin or Web (as they call it) or Rheumatick Distillations into them, doth cleanse and help them: The Juyce of Liqueur is as effectual in all the Diseases of the Breast and Lungs, the Reins and the Bladder, as the Decoction. The Juyce dissolved in Rose-water, with some Gum Tragacanth, is a fine licking Medicine for Hoarseness, Wheezing, &c.

### Liver-wort.

Descript.] Common Liver-wort groweth close, and spreadeth much upon the ground in moist and shady places, with many small green Leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the Edges, and crumpled, from among which arise small slender stalks an Inch or two high at most, bearing small Star-like Flowers at the top; the Roots are very fine and small.

Government and Vertues.] It is under the Dominion of Jupiter, and under the Sign Cancer. It is a singular good Herb for all the Diseases of the Liver, both to cool and cleanse it, and helpeth the Inflammations in any part, and the Yellow Jaundice likewise: being bruised and boiled in small Beer, and drunk, it cooleth the Heat of the Liver and Kidneys, and helpeth the running of the Reins in Men, and the whites in Women: It is a singular Remedy to stay the spreading of Tetters, Ring-worms, and other fretting and running Sores,

and Scabs, and is an excellent Remedy for such whose Livers are corrupted by Surfeits, which caused their Bodies to break out, for it fortifieth the Liver exceedingly, and makes it impregnable.

## Loose-strife, or Willow-herb.

**Descript.]** Common yellow Loose-strife, groweth to be four or five Foot high or more, with great round stalks a little crested, diversly branched from the middle of them to the tops, into great and long Branches, on all which at the Joynts there grows long and narrow Leaves, but broader below, and usually two at a joint, yet sometimes three or four, somewhat like Willow Leaves, smooth on the edges, and of a fair green colour from the upper Joynts of the Branches, and at the tops of them also stand many yellow Flowers of five Leaves apiece, with divers yellow threads in the middle, which turn into small round Heads, containing small cornered Seeds; The Root creepeth under ground, almost like Couch-grass, but greater, and shooteth up every Spring brownish Heads, which afterwards grow up into stalks. It hath no scent nor taste, but on'y astringent.

**Place]** It groweth in many places of this Land in moist Meadows, and by Water-sides.

**Time.]** It flowereth from June to August.

**Government and Vertues]** This Herb is good for all manner of Bleeding, at Mouth or Nose, or Wounds, and all Fluxes of the Belly, and the Bloody Flux, given either to drink, or taken by Clyster; it stayeth also the abundance of Womens Courses; It is a singular good Wound-Herb for green Wounds, to stay the Bleeding, and quickly close together the Lips of the Wound, if the Herb be bruised, and the Juice only applied. It is often used in Gargles for sore Mouths, as also for the Secret Parts. The Smoak hereof being burned, driveth away Flies and Gnats, which use in the Night-time to molest People inhabiting near Marshes, and in the Fenny Countries.

## Loose-strife, with spiked Heads of Flowers.

**Descript.]** This groweth with many woody square stalks, full of Joynts, about three foot high at least, at every one whereof stand two long Leaves, shorter, narrower,

rower, and a larger green Colour than the former, and some brownish. The stalks are branched into many long stems of spiked Flowers half a foot long, growing in bundles one above another, out of small Husks, very like the spiked heads of Lavender, each of which Flowers have five round pointed Leaves of a purple violet colour, or somewhat inclining to Redness, in which Husks stand small round heads after the Flowers are fallen, wherein is contained small Seed. The Root creepeth under ground like unto the yellow, but is greater than it; and so are the heads of the Leaves when they first appear out of the Ground, and more brown than the other.

[Place.] It groweth usually by Rivers, and Ditch-sides in wet Ground, as about the Ditches at and near Lambeth; and in many other places of this Land.

[Time.] It flowereth in the Months of June and July.

[Government and Virtues.] The Herb is an Herb of the Moon, and under the Sign Cancer; neither do I know a better preserver of the Sight when 'tis well; nor a better Cure of Sore Eyes than Eye-bright, taken inwardly, and this used outwardly; 'tis cold in quality. This Herb is no whit inferior unto the former, it having not only all the Virtues which the former hath, but some peculiar Vertues of its own, found out by Experience; as namely, The distilled Water is a present Remedy for Hurts and Blows on the Eye, and for Blindness, so as the Christaline Humour be not perish'd or hurt; and this hath been sufficiently

Eyes, Blindness,  
Wounds, Ulcers, In-  
flammations, Quin-  
zie, King's-Evil, Spots,  
Marks, Scars.

proved true by the Experience of a Man of Judgment, who kept it long to himself as a great Secret. It cleareth the Eyes of Dust, or any other Thing gotten into them, and preserveth the Sight. It is also very much available against Wounds and Thrusts, being made into an Ointment on this manner; To every Ounce of the Water, add two

Drams of May-butter without Salt, and of Sugar and Wax, of each as much also, let them boil gently together. Let Tents dipped in the Liquor that remaineth after it is cold, be put into the Wounds, and the place covered with a Linnen Cloth doubled and anointed with the Ointment; and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and Sores whatsoever, and stayeth their Inflammations by washing them with the water, and laying

laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinzie, or King's Evil in the Throat. The said water applied warm, taketh away all Spots, Marks and Scabs in the Skin; and a little of it drunk, quencheth thirst when it is extraordinary.

## Lovage.

**Descript.]** **I** hath many long and great stalks of large winged Leaves, divided into many parts, like Smallage, but much larger and greater, every Leaf being cut about the edges, broadest forward, and smallest at the stalk, of a sad green colour, smooth and shining; from among which rise up sundry strong, hollow green stalks, five or six foot, yea sometimes seven or eight foot high, full of Joints, but lesser Leaves set on them than grow below; and with them toward the tops come forth long branches, bearing at their tops large Umbles of yellow Flowers; and after them flat brownish Seed. The Root groweth thick, great and deep, spreading much, and enduring long, of a brownish colour on the outside, and whitish within. The whole plant and every part of it smelling strong and Aromatically, and is of an hot, sharp, biting taste.

**Place.]** It is usually planted in Gardens, where, if it be suffered, it groweth huge and great.

**Time.]** It flowereth in the end of July, and seedeth in August.

**Government and Virtues.]** It is an Herb of the Sun, under the Sign *Taurus*. If Saturn offend the Throat (as he always doth if he be occasioner of the malady, and in *Taurus* is the Genesis) this is your Cure. It openeth, cureth and digesteth humours, and mightily provoketh Womens Courfes and Urine. Half a dram at a time of the dried Root in Powder taken in Wine, doth wonderfully warm cold Stomach, helpeth Digestion, and consumeth all raw and superfluous Moisture therein; easeth all inward Gripings and Pain, dissolveth Wind and resisteth Poison and Infection. It is a known and much praised Remedy to drink the Decoction of the Herb for any sort of

Humours, Terms provoked, Dysury, Cold Stomach, Indigestion, Wind, Poison, Epidemical Diseases, Agues, Belly-ake, Quinzie, Pleurisie, Spots, Freckles, Boyls.

Ague,

Ague, and to help the pains and torments of the Body and Bowels coming of Cold. The Seed is effectual to all the purposes aforesaid (except the last) and worketh more powerfully. The distilled water of the Herb helpeth the Quinzie in the Throat, if the Mouth and Throat be gargled and washed therewith, and helpeth the Pleurisie, being drunk three or four times. Being dropped into the Eyes, it taketh away the redness or dimness of them: It likewise taketh away Spots or Freckles in the Face. The Leaves bruised, and fried with a little Hogs Lard, and laid hot to any Blotch or Boil, will quickly break it.

### Lungwort.

**Descript.]** **T**his is a kind of Moss that groweth on sundry sorts of Trees, especially Oaks and Beeches; with broad, grayish, tough Leaves diversly folded, crumpled and gashed in on the edges, and some spotted also with many small spots on the upper side. It was never seen to bear any Stalk or Flower at any time.

**Government and Vertues.]** Jupiter seems to own this Herb. This is of great use with many Physicians to help this Disease of the Lungs; and for Coughs, Wheezings and shortness of Breath, which it cureth both in Man and Beast. It is very profitably put into Lotions that are taken to stay the most Humours that flow to Ulcers, and hinder their healing, as also to wash all other Ulcers in the

Privy parts of a Man or Woman.

It is an excellent Remedy boiled in Beer for broken-winded Horses.

### Madder.

**Description.]** **G**arden Maddder shooteth forth many very long, weak, four-square, reddish Stalks, trailing on the Ground a great way, very rough or hairy, and full of Joyns; at every one of those Joyns come forth divers long and narrow Leaves, standing like a Star about the Stalks, rough also and hairy, towards the tops whereof come forth many small pale yellow Flowers; after which come small round Heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the seed. The Root is not very great, but exceeding

exceeding long, running down half a Man's Length into the Ground, red and very clear while it is fresh, spreading divers Ways.


*Place.*] It is only manured in Gardens, or larger Fields, for the Profit that is made thereof.

*Time.*] It flowereth towards the End of Summer, and the Seed is ripe quickly after.

*Government and Vertues.*] It is an Herb of Mars. It hath an opening Quality, and afterwards to bind and strengthen. It's an assured Remedy for the Yellow Jaundice, by opening the Obstructions of the Liver and Gall, and cleansing those Parts It openeth also the Obstructions of the Spleen, and diminisheth the Melancholy Humour: It is available for the Palsie and Sciatica, and effectual for Bruises inward and outward, and is therefore much used in Vulnerary Drinks. The Root for all those aforesaid Purposes, is to be boiled in Wine or Water, as the Cause requireth, and some Honey and Sugar put thereunto afterward. The Seed hereoftaken with Vinegar and Honey, helpeth the Swelling and Hardness of the Spleen. The Decoction of the Leaves and Branches, is a good Fomentation for Women to sit over that have not their Courses. The Leaves and Roots beaten and apply'd to any Part that is discoloured with Freckles, Morpew, the white Scurf, or any such Deformity of the Skin, cleanseth thoroughly, and taketh them away.

Yellow Jaundice, Obstructions of the Liver and Gall, Spleen, Melancholy, Palsie, Sciatica, Bruises inward and outward, Terms provokes, Freckles, Morpew, Scurf,

## Maiden-Hair.

*Descript.*]  OUR common Maiden-Hair, doth from a Number of hard black Fibres, send forth a great many blackish, shining brittle Stalks, hardly a Span long, in many not half so long, on each Side set very thick with small, round, dark, green Leaves, and spotted on the back of them like other Fern.

*Place.*] It groweth much upon old Stone Walls in the West Parts and Walls in Kent, and divers other Places of this Land; it joyeth likewise to grow by Springs, Wells, and rocky, moist and shady Places; and is always green.

Wall.

# Wall-Rew, or ordinary White Maiden-Hair.

**Description.]** **T**His hath very fine, pale, green stalks, almost as fine as Hairs, set confusedly with divers pale green Leaves on very short Footstalks, somewhat near unto the Colour of Garden Reue, and not much differing in Form, but more diversly cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

**Place.]** It groweth in many places of this Land, at Dartford, and the Bridge at Ashford in Kent; at Beaconsfield in Buckinghamshire; at Wolly in Huntingtongshire, on Framingham-Castle in Suffolk, on the Church-Walls at Mayfield in Sussex, in Somersetshire, and divers other places of this Land; and is green in Winter as well as in Summer.

**Government and Vertues.]** Both this and the former are under the dominion of Mercury, and so is that also which follows after; and the Vertue of both these are so near alike, that tho' I have describ'd them and their places of growing severally, yet I shall in writing the Vertues of them, joyn them both together as followeth.

The decoction of the Herb Maiden-Hair being drunk, helpeth those that are troubled with the Cough, shortness of breath, the Yellow Jaundice, diseases of the Spleen, stopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys, (in all which Diseases the Wall-Rew is also very effectual.) It provoketh Womens Courses, and stays both Bleedings and Fluxes of the Stomach and Belly, especially when the Herb is dry: For being green, it loosneth the Belly, and avoideth Choler and Flegm from the

**Coughs, Shortness of Breath, the Yellow Jaundice, Spleen, Dysury, Stone, Terms provokes, Bleedings, Fluxes, Lungs, Swellings, Ulcers, Scurf, Baldness.**

Stomach and Liver; it cleanseth the Lungs, and by rectifying the Blood, causeth a good colour to the whole Body. The Herb boiled in Oil of Camomel. dissolveth Knots, layeth Swellings, and drith up moist Ulcers. The Lye made thereof, is singular good to cleanse the Head from Scurf, and from dry and running Sores; stayeth the falling or shedding of the Hair, and causeth it to grow thick, fair, and well coloured; for which purpose some boil it in Wine, putting some Smallage Seed thereto, and afterwards some Oil. The Wall-Reue is as effectual as Maiden-Hair, in all Diseases

Diseases of the Head, or falling and recovering of the Hair again, and generally for all the afore-mentioned Diseases. And besides, the Powder of it taken in Drink for forty Days together, helpeth the Burstings in Children.

### Golden Maiden-Hair.

**T**O the two former give me leave to add this, and I shall do no more, but only describe it unto you; and for the Vertues refer you to the former, sith whatsoever is said of them, may be also said of this.

Description.] It hath many small, brownish, red Hairs to make up the Form of Leaves growing about the Ground from the Root; and in the Middle of them in Summer, rise small Stalks of the same Colour, set with very fine, yellowish green Hairs on them, and bearing a small Gold, yellow Head, lesser than a Wheat-Corn, standing in a great Husk. The Root is very small and thready.

Place.] It groweth in Bogs and Moorish Places, and also on dry shadowy Places, at Hampstead-Heath, and elsewhere.

### Mallows, and Marsh-Mallows.

**C**OMMON Mallows are generally so well known, that they need no Description.

Our common Marsh-Mallows have divers soft, hairy, white Stalks, rising to be three or four Foot high, spreading forth many Branches, the Leaves whereof are soft and hairy, somewhat lesser than the other Mallow Leaves, but longer pointed, cut (for the most part) into some few Divisions, but deep. The Flowers are many, but smaller also than the other Mallows, and white, or tending to a bluish Colour. After which come such long, round Cases and Seeds, as in the other Mallows. The Roots are many and long, shooting from one Head, of the Bigness of a Thumb or Finger, very pliant, tough, and being like Liquorice, of a whitish yellow Colour on the outside, and more white within, full of a slimy Juice, which being laid in Water, will thicken it, as if it were a Jelly.

Place.] The Common Mallows grow in every County of this Land.

The Common Marsh-Mallows in most of the Salt Marshes, from Woolwich, down to the Sea, both on the Kentish and Essex Shores, and in divers other Places of this Land.

*Time.*] They flower all the Summer Months, even until the Winter do pull them down.

*Government and Vertues.*] *Venus* owns them both. The Leaves of either of the Sorts before specify'd, and the Roots also boiled in Wine or Water, or in Broth with Parsly or Fennel Roots, doth help to open the Body, and is very convenient in hot Agues, or other Distempers of the Body, to apply the Leaves

*Agues, Choler, Gripping in the Belly, Milk, Excoriation, Ptytick, Plurisy, Travel in Women, Falling-sickness, Eyes, Bees, Wasps, &c. Poison, hard Swellings, Inflammations, Cods, Liver, Spleen, Roughness of the Skin, Scurf, Dandrif, Scabby Heads, Scalding, Burning, St. Anthony's Fire, sore Mouth and Throat, Bladness, Thorns.*

so boiled, warm to the Belly. It not only avoideth hot, cholerick, and other offensive Humours, but easeth the Pains and Torments of the Belly coming thereby; and are therefore used in all Clifters conducing to those Purposes. The same used by Nurses, procureth them store of Milk. The Decoction of the Seed of any of the common Mallows made in Milk or Wine doth marvellously help Excoriations, the Ptytick, Plurisie, and other diseases of the Chest and Lungs, that proceed of hot Causes, if it be continu'd taking for some Time together. The Leaves and Roots work the same Effects. They help much also in the Excoriations of the Guts and Bowels, and hardness of the Mother, and in all hot and sharp Diseases

thereof. The Juice drunk in Wine, or the Decoction of them therein, doth help Women to a speedy and easie Delivery. *Pliny* saith, that whosoever shall take a spoonful of any of the Mallows, shall that Day be free from all Diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also and Conserve made of the Flowers, are very effectual for the same Diseases, and to open the Body, being costive. The Leaves bruised, and laid to the Eyes with a little Honey, take away the Imposthumations of them. The Leaves bruised or rubbed upon any Place stung with Bees, Wasps, or the like, presently take away the Pains, Redness, and Swelling thaa rise thereupon. And *Dioscorides* saith, The Decoction of the Roots and Leaves helpeth all Sorts of Poison, so as the Poison be presently voided by Vomit. A Pultis made of the Leaves boiled and bruised, whereunto add some Bean or Barley-Flower, and Oil of Roses, is

an especial Remedy against all hard Tumours and Inflammations, or Imposthumes, or Swellings of the Cods, and other Parts, and easeth the Pains of them; as also against the Hardness of the Liver or Spleen, being applied to the Places. The Juice of Mallows boiled in old Oil and applied, taketh away all Roughness of the Skin, as also the Scurf, Dandriff, or dry Scabs in the Head, or other Parts, if they be anointed therewith, or washed with the Decoction, and preserveth the Hair from falling off. It is also effectual against Scaldings and Burnings, St. *Anthony's* Fire, and all other hot, red and painful Swellings in any Part of the Body. The Flowers boiled in Oil or Water (as every one is disposed) whereunto a little Honey and Allum is put, is an excellent Gargle to wash, cleanse and heal any sore Mouth or Throat in a short Space. If the Feet be bathed or washed with the Decoction of the Leaves, Roots and Flowers, it helpeth much the De-fluxions of Rheum from the Head; if the Head be washed therewith, it stayeth the falling and shedding of the Hair. The green Leaves (saith *Pliny*) beaten with Mitre, and applied, draw out Thorns or Prickles in the Flesh.

The Marsh-mallows are more effectual in all the Diseases before-mentioned: The Leaves are likewise used to loosen the Belly gently, and in decoctions for Clusters to ease all Pains of the Body, opening the straight Passages, and making them slippery, whereby the Stone may descend the more easily, and without Pain, out of the Reins, Kidneys and Bladder, and to ease the torturing Pains thereof. But the Roots are of more special Use for those Purposes, as well for Coughs, Hoarsness, Shortness of Breath and Wheezings, being boiled in Wine, or Honied-Water, and drunk. The Roots and Seeds hereof boiled in Wine or Water, are with good Success used by them that have Ex-coriations in the Guts or the Bloody-Flux, by qualify-ing the Violence of sharp fretting Humours, easing the Pains, and healing the Soreness. It is profitably taken of them that are troubled with Ruptures, Cramps,

Belly, Stone, Reins, Kidneys, Bladder, Coughs, Shortness of Breath, Wheezing, Ex-coriations of the Guts, Ruptures, Cramp, Con-vulsions, the King's Evil, Kernels, Chin-Cough, Wounds, Bruises, Falls, Blows, Mus-cles, Morpew, Sun-burning.

or

or Convulsions of the Sinews; and boiled in White-wine, for the Imposthumes of the Throat; commonly called the King's-Evil, and of those Kernels that rise behind the Ears, and Inflammations or Swellings in Womens Breasts. The dried Roots boiled in Milk and drunk, is special good for the Chin-cough. *Hippocrates* used to give the Decoction of the Roots, or the Juyce thereof, to drink, to those that are wounded, and ready to faint through loss of Blood, and applied the same mixed with Honey and Rosin to the Wounds. As also the Roots boiled in Wine to those that have received any hurt by Bruises, Falls, or Blows, or had any Bone or Member out of Joynt, or any Swelling-pain, or ache in the Muscles, Sinews, or Arteries. The Mucilage of the Roots, and of *Linseed* and of *Fœnugreek* put together, is much used in Pultices, Ointments, and Plaisters, to mollifie and digest all hard Swellings, and the Inflammation of them, and to ease pains in any part of the Body. The Seed either green or dry, mixed with Vinegar, cleanseth the Skin of Morpew, and all other discolourings, being bathed therewith in the Sun.

You may remember, that not long since there was a raging Disease called the Bloody-Flux; the College of Physicians not knowing what to make of it, called it the *Plague in the Guts*, for their Wits were at *Ne plus ultra* about it. My Son was taken with the same Disease, and the Excoriation of his Bowels was exceeding great; my self being in the Country, was sent for up; the only thing I gave him, was Mallows bruised and boiled both in his Milk and Drink, in two days (the Blessing of God being upon it) cured him. And I here, to shew my thankfulness to God, in communicating it to his Creatures, leave it to Posterity.

## Maple-Tree.

**Government** [It is under the Dominion of *Jupiter*. The  
**and Vertues.**] Decoction either of the Leaves or Bark, must needs strengthen the Liver much, and  
**Liver strengthens,** o- so you shall find it do, if you use it. It is  
**pens Obstructions of** excellent good to open Obstructions both  
**the Liver and Spleen,** of the Liver and Spleen, and easeth Pains  
**Pains in the Liver.** of the Sides thence proceeding.

Wind-

## Wind-Marjarom.

Called also *Origane*, *Origanum*, *Bastard-Marjarom*, *Wild Marjarom*, and *Grove Marjarom*.

**Descript.]** Wild or Field Marjarom hath a Root which creepeth under Ground, which continueth a long time, sending up dry brownish, hard, square Stalks, with small dark green leaves, very like those of Sweet-Marjarom, but harder, and somewhat broader; at the tops of the Stalks stand Tufts of Flowers, of deep purplish red colour. The Seed is small, and something blacker than that of Sweet-Marjarom.

**Place.]** It groweth plentifully in the borders of Corn-fields, and in some Copses.

**Time.]** It flowereth toward the latter end of Summer.

**Government and Vertues.]** This also is under the Dominion of Mercury. It strengthens the Stomach and Head much, there being scarce a better Remedy growing for such as are troubled with a fowre Humour in the Stomach;

restores the Appetite being lost, helps Cough, and Consumption of the Lungs, it cleanseth the Body of Choler, expelleth Poison, and remedieth the Infirmities of the Spleen, helps the Bitings of Venomous Beasts, and helps such as have poison'd themselves by eating Hemlock, Henbane, or Opium. It provoketh Urine and the Terms in Women, helps the Dropisie, and the Scurvy, Scabs, Itch, and Yellow Jaundice. The Juice being drop'd into the Ears, helps Deafness, Pain and Noise in the Ears. And thus much

of this Herb, between which and Adders, there is a deadly Antipathy.

Stomach, Head, Humours, Appetite, Cough, Consumption of the Lungs, Poison, Choler, Spleen, Venomous Beasts, Poison, Urine provoketh, Terms provokes, Dropisie, Scurvy, Scabs, Itch, Leprosy, yellow Jaundice, Deafness, Noise, and Pains in the Ears.

## Sweet-Marjarom.

Sweet-Marjarom is so well known, being an Inhabitant in every Garden, that it is needless to write any Description thereof, neither of the Winter Sweet Marjarom, or Pot Marjarom.

**Placé.]** They grow commonly in Gardens; some sorts are that grow wild in the Borders of Corn-fields and Pastures, in sundry places of this Land; but it is not my purpose

purpose to insist upon them. The Garden kinds being most used and useful.

*Time.*] They flower in the end of Summer.

*Government and Vertues*] It is an Herb of Mercury, and under Aries, and is therefore an excellent Remedy for the Brain and other parts of the Body and Mind, under the Dominion of the same Planet. Our common Sweet-Marjoram is warming and comfortable in cold Diseases of the Head, Stomach, Sinew

and other parts, taken inwardly, or outwardly applied. The Decoction thereof being drunk, helpeth all Diseases of the Chest, which hinder the freeness of Breathing, and is also profitable for the Obstructions for the Liver and Spleen. It helpeth the cold Grievs of the Womb, and the windiness thereof, and the loss of Speech, by resolution of the Tongue. The Decoction thereof made with some

Pellitory of Spain, and long Pepper, with a little Acorns or Oricanum, being drunk, is good for those that are beginning to fall into a Dropsy, for those that cannot make Water, and against Pains and Torments in the Belly; provoketh Womens Courses, if it be put up as a Pessary. Beir made into Powder, and mixed with Honey, taketh away the black Marks of blows, and bruises, being thereunto applied. is good for the Inflammation and watering of the Eyes, beir mixed with fine Flower, and laid unto them. The Juice droppe into the Ears, easeth the Pains and ringing Noise in them. is profitably put into those Ointments and Salves, that are warm and comfort the outward parts, as the Joynts and Sinews for Swellings also, and places out of Joynt. The Powder thereof snuffed up into the Nose, provoketh Sneezing, and thereby purgeth the Brain; and chewed in the Mouth draweth forth much Flegm. The Oil made thereof, is very warming and comfortable to the Joynts that are stiff and the Sinews that are hard, to mollifie and supple them. Marjoram is much used in all Odoriferous Waters, Powders, &c. that are for Ornament or Delight.

Marigolds.

[These being so plentifully in every Garden, are so well known that they need no Description.

*Time.*] They flower all the Summer long, and sometimes in Winter, if it be mild.

*Government and Vertues.*] It is an Herb of the Sun, and under Leo. They strengthen the Heart exceedingly, and are very expulsive, and little less effectual in the Small Pox and Measles than Saffron. The Juice of Marigold

leaves mixed with Vinegar, and any Swellings bathed with it, instantly giveth ease, and asswageth it. The Flowers, either green or dried, are much used

*Heart, Vital Spirits, Pestilence, Small-Pox, Measles, Hot Swellings, Fevers.*

in Possets, Broths, and Drinks, as a Counterpart of the Heart and Spirits, and to expel any Malignant or pestilential Quality which might annoy them. A Plaister made with the dry Flowers in Powder, Hogs-Grease, Turpentine, and Rosin applied to the Breast, strengthens and succours the Heart infinitely in Fevers, whether Pestilential, or not Pestilential.

Master-wort.

*Descript.*] Common Master-wort hath divers stalks of winged Leaves divided into sundry parts, three for the most part standing together at a small foot stalk on both sides the greater, and three likewise at the end of the stalk, somewhat broad and cut in on the edges into three or more Divisions, all of them dented about the brims, of a dark green Colour, somewhat resembling the Leaves of Angelica, but that these grow lower to the ground, and no lesser stalks; among which rise up two or three sort stalks about two foot high, and slender, with such like Leaves at the Joints as grow below, but with lesser and fewer Divisions, bearing Umbles of white Flowers, and after them small, thin, flat, blackish Seed, bigger than Dill Seeds. The Root is somewhat greater, and growing rather side-ways than down deep into the Ground, shooting forth sundry Heads which taste sharp, biting on the Tongue, and is the hottest and sharpest part of the Plant, and the Seed next unto it being somewhat blackish on the outside, and smelling well.

*Place*] It is usually kept in Gardens with us in England.

*Time*.] It flowereth and seedeth about the end of August.

*Government and Vertues*.] It is an Herb of Mars. The Root of Master-wort is hotter than Pepper, and very available in all Cold Grievs and diseases both of the Stomach and Body, dissolving very powerfully upward and downward. It is also used in a Decoction with Wine against all Cold Rheums, Distillation

Gold Grievs, Stomach, Cold Rheums, Urine, Stone, Gravel, Womens Courses, Dead Child, Mother, Dropsie, Cramps, and Falling sickness, Cold Poison, Sweat, Green Wounds, Rotten Ulcers, Gout.

upon the Lungs, or shortness of Breath to be taken Morning and Evening. It also provoketh Urine, and helpeth to break the Stone, and expel the Gravel from the Kidneys; procureth Womens Courses and expelleth the Dead Birth. Is singular good for strangling of the Mother, and other such like Feminine Diseases. It is effectual also against the Dropsie, Cramps and Falling-sickness; for the decoction in Wine being gargled in the Mouth draweth down much water and Flegm

from the Brain, purging and easing it of what oppresseth it. It is of a rare quality against all sorts of Cold Poison, to be taken as there is cause; it provoketh Sweat. But lest the taste hereof, or of the Seed (which worketh to the like effect, though not so powerfully) should be too offensive, the best way is to take the water distilled both from the Herb and Root. The Juice hereof dropped, or Tents dipped therein and applied either to green Wounds or filthy rotten Ulcers and those that come by invenom'd Weapons, doth soon cleanse and heal them. The same is also very good to help the Gout coming of a Cold Cause.

### Sweet-Maudlin.

*Descript.*] Common Maudlin hath somewhat long and narrow Leaves, snip'd about the Edges. The Stalks are two foot high, bearing at the tops many yellow Flowers, set round together and all of an equal height, in Umbles or Tufts like unto Tansy; after which followeth small whitish Seed, almost as big as Worm-seed.

*Place and Time.*] It groweth in Gardens, and flowereth in June and July.

*Government and Vertues.*] The Vertues hereof being the same with *Costmary* or *Alecost*, I shall not make any repetition thereof, lest my Book grow too big; but rather refer you unto *Costmary* for satisfaction.

## The Medlar.

*Descript.*] **T**HE Tree groweth near the bigness of the Quince-Tree, spreading Branches reasonable large, with longer and narrower Leaves than either the Apple or Quince, and not dented about the edges. At the end of the Sprigs stand the flowers made of five white, great broad pointed Leaves, nicked in the middle with some white Threads also; after which cometh the Fruit, of a brownish green Colour being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off or fallen away, the Head of the Fruit is seen to be somewhat hollow. The Fruit is very harsh before it is mellowed, and hath usually five hard Kernels within it.

There is another kind hereof nothing differing from the former, but that it hath some Thorns on it in several places, which the other hath not; and usually the Fruit is small, and not so pleasant.

*Time and Place.*] They grow in this Land, and flower in May for the most part, and bear Fruit in September and October.

*Government and Vertues.*] The Fruit is old Saturn's, and is a better Medicine he hardly hath to strengthen the retentive Faculty; therefore it stays Womens

Longings; the good old Man cannot endure Womens Minds should run a gadding. Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the reins of the Back, stops Miscarriage in Women with Child. They are very powerful to stay any Fluxes of Blood or Humours in Men or Women; the Leaves also have the quality. The Fruit eaten

by Women with Child, stayeth their Longing after unusual Meats, and is very effectual for them that are apt to Miscarry, and be Delivered before their time, to help that

*Miscarriages, Fluxes, stayeth Womens Longings, hinders Miscarriage, Gargle, Womens Courses, Piles, loathing of meat, or Casting, Bleeding, Fresh Wounds, Stone in the Kidneys.*

Malady, and make them joyfui Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth, when there is any Defluxions of Blood to stay it, or of Humours, which causeth the Pains and Swellings. It is a good Bath for Women to sit over, that have their Courses flow too abundant; or for the Piles when they bleed too much. If a Pultis or Plaister be made with dried Medlers, beaten and mixed with the Juice of red Roses, whereunto a few Cloves and Nutmegs may be added, and a little red Coral also, and applied to the Stomach, that is given to casting or loathing of Meat, it effectully helpeth. The dried Leaves in Powder strewed on fresh bleeding Wounds, restraineth the Blood, and healeth up the wound quickly. The Medlar-stones made into Powder, and drunk in Wine wherein some Parsly-roots have lain infused all Night or a little boiled, do break the Stone in the Kidneys, helping to expel it.

### Mellilot, or King's-Claver.

**Descript.]** **T**His hath many green stalks, two or three foot high, rising from a tough long white Root, which dieth not every Year, set round about at the Joints with small, and somewhat long, well smelling Leaves, set three together, unevenly dented about the Edge. The Flowers are yellow and well smelling also, made like other Trefoyl, but small, standing in long spikes one above another, for an hand breadth long or better, which afterwards turn into long crooked Cods, wherein is contained flat seed, somewhat brown.

**Place.]** It groweth plentifully in many places of this Land, as in the edge of Suffolk, and in Essex, as also in Huntingtongshire, and in other places, but most usually in Corn-fields, in corners of Meadows.

**Time.]** It flow'reth in June and July, and is ripe quickly after.

**Government and Vertues.]** Mellilot boiled in Wine, and applied, mollifieth all Hard Tumours and Inflammations in the Eyes, or elsewhere, Ulcers in the Head, Stomach Pained, Head-ach, Wind, Spleen, and sometimes the yolk of a Roasted Egg,

g, or fine Flower, or Poppy-Seed, or  
dive, is added unto it. It helpeth the  
leading Ulcers in the Head, it being  
shed with a Lye made thereof. It  
helpeth the pains of the Stomach, being  
plied fresh; or boiled with any of the aforenamed things.  
helpeth also the pains of the Ears, being dropped into them;  
d steeped in Vinegar, or Rose-water, it mitigateth the Head-  
h. The flower of *Mellilot* or *Chamomel* are much used to be  
it together in Clusters to expel wind, and to ease pains; and  
to into Pultisses for the same purpose, and to assuage Swel-  
ing Tumours in the Spleen or other parts, and helpeth Inflam-  
ations in any part of the Body, The Juice dropped into the  
eyes is a singular good Medicine to take away any film or  
in that cloudeth or dimneth the Eye-sight. The Head often  
ashed with the distilled Water of the Herb and Flowers, or a  
ye made therewith, is effectual for those that suddenly lost  
eir Senses; as also to strengthen the Memory, to comfort  
e Head and Brains, and to preserve them from Pains, and  
e Apoplexy.

### French and Dog's-Mercury.

[Description.] **T**His riseth up with a square green stalk full of  
Joints, two foot high, or thereabouts, with two  
leaves at every joint, and branches likewise from both sides of the  
stalk, set with fresh green Leaves, somewhat broad and long, about  
the bigness of the Leaves of Basil, finely dented about the edges;  
owards the tops of the Stalks and branches, come forth at every  
joint in the Male Mercury two small, round, green Heads, stand-  
ing together upon a short foot stalk, which growing ripe, are seeds,  
not having any flowers. In the Female the stalk is longer, spika-  
shion, set round about with small green Husks, which are the  
owers, made like small bunches of grapes, which give no seed, but  
bide long upon the stalks without shedding. The Root is composed  
f many small fibres, which perisheth every Year at the first approach  
f Winter and riseth again of its own sowing; and if once it is  
ffered to sow it self, the ground will never want afterwards, even  
oth sorts of it.

## Dog's-Mercury.

**H**AVING described unto you that which is called French Mercury, I come now to shew you a Description of this kind also.

**Description.]** This is likewise of two kinds, male and female, having many stalks, slender and lower than Mercury, without any branches at all upon them, the root is set with two leaves at every Joynt, somewhat greater than the Female, but more pointed and full of Veins, and somewhat harder in handling, of a darker green colour, and less dented or snip'd about the edges. At the Joynts with the Leaves come forth longer stalks than the former, with two hair round seeds upon them, twice as big as those of the former Mercury. The taste hereof is Herby, and the smell somewhat strong and virulent. The Female hath much harder Leaves standing upon long Foot-stalks, and the stalks are also longer: From the Joynts come forth spikes of Flowers like the French Female Mercury. The Roots of them both are many, and full of small Fibres, which run under Ground, and mat themselves very much, not perishing as the former Mercuries do; but abiding the Winter, and shoot forth new Branches every year, for the old lie down to the Ground.

**Place.]** The Male and Female French-Mercury are found wild in divers places of this Land; as by a Village called Brookland in Rumney Marsh in Kent.

The Dog's Mercury in sundry places of Kent also, and elsewhere; but the Female more seldom than the Male.

**Time.]** They flower in the Summer Months, and therein give their seed.

**Government and Vertues]** Mercury, they say, owns the Herb; but I rather think 'tis Venus, and am partly confident of it too, for I never read that Mercury, ever minded Womens business so much. I believe he minds his study more. The Decoction of the Leaves of Mercury, or the Juice thereof in Broth, or drunk with a little Sugar put to it, purgeth Cholerick and watery Humours. Hippocrates commended it wonderfully for Womens Diseases, and applied to the secret Parts, to ease the pains of the Mother; and used the decoction of it, both to procure Womens Courses.

Purgeth Cholerick humours, Womens sickness, Mother, Womens courses, Strangury, sore Eyes, Agues, Flegm, Rheums and Catarrhs, Melancholy Hu-

, and to expel the After-birth. And  
ve the Decoction thereof with Myrrh  
Pepper, or used to apply the Leaves  
twardly against the Strangury, and  
iseases of the Reins and Bladder. He  
'dit also for sore and watering Eyes, and  
r the Deafness, and Pain in the Ears, by  
opping the Juice thereof into them, and  
hing them afterwards in White-wine.

*mours, Yellow Jaun-  
dice, Warts, Scabs,  
Tetters and Ring-  
worms, Swellings,  
Inflammations, Wa-  
terish, and Melan-  
choly Humours.*

he Decoction thereof made with Water and a Cock-Chick-  
n, is a most safe Medicine against the hot fits of Agues. It  
so cleanseth the Breast and Lungs of Flegm, but a little of-  
ndeth the Stomach. The Juice or distilled Water snuffed up  
to the Nostrils, purgeth the Head and Eyes of Catarrhs and  
heums. Some use to drink two or three Ounces of the di-  
illed Water, with a little Sugar put to it, in the Morning  
sting, to open and purge the Body of gross, viscous, and me-  
ncholy Humours. It is wonderful (if it be not fabulous) what  
 *Dioscorides* and *Theophrastus* do relate of it, viz. That if Wo-  
men use these Herbs either inwardly or outwardly, for three  
ays together after Conception, and their Courses be past, they  
shall bring forth Male or Female Children, according to that  
ind of Herb they use. *Matthirolus* saith, That the Seed both of  
ne Male and Female *Mercury* boyled with Wormwood and  
runk, cureth the Yellow Jaundice in a speedy manner. The  
eaves or the Juice rubbed upon Warts, taketh them away.  
The Juice mingled with some Vinegar, helpeth all running  
cabs, Tetters, Ringworms, and the Itch. *Galen* saith, That  
eing applied in manner of a Pultis to any Swelling or Inflam-  
nation, it digesteth the Swelling, and allayeth the Inflamma-  
tion, and is therefore given in Clysters to evacuate from the  
belly offensive Humours. The *Dog-Mercury*, although it be less  
sed, yet may serve in the same manner, to the same purpose,  
o purge Waterish and Melancholy Humours.

## Mint.

Of all the kinds of Mint, the Spear-Mint, or Heart-  
Mint, being most usual, I shall only describe as fol-  
loweth.

**Discript.]** Spear-Mint hath divers round stalks, and long; but narrowish Leaves set thereon, of a dark green colour. The flowers stand in spiked heads at the tops of the Branches, being of a pale blue colour. The smell or scent hereof is somewhat near unto Basil it encreaseth by the Root under ground, as all the others do.

**Place.]** It is an usual Inhabitant in Gardens: And because it seldom giveth any good Seed, the effect is recompenced by the plentiful increase of the Root, which being once planted in a Garden, will hardly be rid out again.

**Time.]** It flowereth not until the beginning of August, for the most part.

**Government and Virtues.]** It is an Herb of Venus. Dioscoride saith, it hath a heating, binding and drying quality, and therefore the Juice taken in Vinegar, stayeth bleeding: It stirreth

Provokes Venery, stays Vomiting, allayeth Choler, Imposthumes, great Breasts, Mad-Dogs biting, pains in the Ears, good for the Stomach, pains of the Head, sores and scabs, chops of the Fundament, Poison, helpeth Liver and Stomach, stayeth Vomiting and Hiccough, provoketh Lust, Spleen, Gravel, Stone and strangury, comforts the Head, sore Mouth, ill Breath, Palate down.

up Venery, or bodily Lust; two or three Branches thereof taken in the Juice of four Pomegranates, stayeth the Hiccough Vomiting, and allayeth the Choler. It dissolveth Imposthumes being laid to with Barley-meal. It is good to repress the Milk in Womens Breasts, and for such as have swoll'n, flagging, or great Breasts. Applied with Salt, it helpeth the biting of a mad Dog; with Mead and Honied water, it easeth the pains of the Ears, and taketh away the roughness of the tongue being rubbed thereupon. It suffereth not Milk to curdle in the Stomach, if the Leaves thereof be steep'd or boild in it before you drink it: Briefly it is very profitable to the Stomach. The often use hereof is a very powerful Medicine to stay Womens Courses and the Whites. Applied to the Forehead and Temples, it

easeth pains in the Head, and is good to wash the Head of young Children therewith, against all manner of breakings out, Sores or Scabs therein, and healeth the Chops of the Fundament. It is also profitable against the Poison of Venomous Creatures. The distilled Water of Mint is available to all the purposes aforesaid.

yet

et more weakly. But if a Spirit thereof be Rightly and Chy-  
 cally drawn, it is much more powerful than the Herb it  
 lf. *Simeon Sethi* saith it helpeth a cold Liver, strengtheneth  
 the Belly and Stomach, causeth Digestion, stayeth Vomits and  
 the Hiccough; it is good against the gnawing of the Heart,  
 provoketh Appetite, taketh away Obstructions of the Liver,  
 and stirreth up bodily Lust; but therefore too much must not  
 be taken, because it maketh the Blood thin and wheyish, and  
 turneth it into Choler, and therefore Cholerick Persons must  
 abstain from it. It is a safe Medicine for the biting of a mad  
 Dog, being bruised with Salt, and laid thereon. The Powder  
 of it being dried and taken after Meat, helpeth Digestion, and  
 those that are Spleenetick: Taken with Wine, it helpeth Wo-  
 men in their sore Travail in Child-bearing. It is good against  
 the Gravel and Stone in the Kidneys, and the Strangury: Be-  
 ing smelled unto, it is comfortable for the Head and Memory.  
 The Decoction thereof gargled in the Mouth, cureth the Gums  
 and Mouth that is sore, and mendeth an ill savour'd Breath;  
 as also their Rew and Coriander, causeth the Palate of the  
 Mouth to turn to his place. The Decoction being gargled and  
 held in the Mouth.

The Vertues of the Wild or Horse-mint, such as grow in  
 Ditches (whose Description I purposely omitted, in regard they  
 are well enough known) are especially to dissolve Wind in the  
 stomach, to help the Cholick, and those that are short-winded,  
 and are an especial Remedy for those  
 that have Venereal Dreams and Polluti-  
 ons in the Night, being outwardly applied  
 to the Testicles or Cods. The Juice  
 dropped into the Ears easeth the Pains  
 of them, and destroyeth the Worms that  
 breed therein. They are good against the  
 venomous biting of Serpents. The Juice  
 laid on warm, helpeth the King's-Evil,  
 or Kernels in the Throat. The decoction or distilled water hel-  
 peth a stinking Breath, proceeding from the Corruption of the  
 Teeth, and snuffed up the Nose, purgeth the Head. *Pliny* saith,  
 That eating of the Leaves hath been found by Experience to  
 Cure the Leprosie, applying some of them to the Face, and to  
 help

Wind, Venereal  
 Dreams, and nightly  
 Pollutions, Earspain-  
 ed, biting of Ser-  
 pents, King's-Evil,  
 stinking Breath, Le-  
 prosy Dandriff.

help the Scurf or Dandriff of the Head, used with Vinegar.

They are extream bad for wounded People ; and they say a wounded Man that eats Mint, his Wound will never be cured, and that's a long day.

## Misselto.

**Descript.]** **T**His riseth up from the Branch or Arm of the Tree whereon it groweth, with a woody stem, putting it self into sundry Branches, and they again divided into many other smaller twigs, interlacing themselves one within another, very much cover'd with a greyish green Bark, having two Leaves set at every Joynt, and at the end likewise, which are somewhat long and narrow, small at the bottom, but broader towards the end. At the knots or joints of the Boughs and Branches grow small yellowish Flowers, which turn into small, round, white, transparent Berries, three or four together, full of glutinous moisture, with a blackish Seed in every of them, which was never yet known to spring, being put into the ground, or any where else to grow.

**Place.]** It groweth very rarely on Oaks with us ; but upon sundry other, as well Timber as Fruit-Trees, plentifully in Woody Groves, and the like, through all this Land.

**Time.]** It flowereth in the Spring-time, but the Berries be not ripe untill October, and abide on the Branches all the Winter, unless the Blackbirds, and other Birds do devour them.

**Government and Vertues.]** That it is under the Dominion of the Sun, I do not question ; and can also take for granted that that which grows upon Oaks, participates something of the nature of Jupiter, because an Oak is one of his Trees ; as also that which grows upon Pear-Trees and Apple-Trees, participates something of his Nature, because he rules the Tree it grows upon, having no root of its own. But why that should have most Vertues that grows upon Oaks, I know not, unless because it is rarest and hardest to come by : and our College's Opinion is in this, contrary to Scripture, which saith, *God's tender Mercies are over all His Works* ; and so 'tis, let the College of Physicians walk as contrary to Him as they please ; and that's as contrary as the

East to the West. *Clusius* affirms, That which grows on Pear-trees to be as prevalent, and gives order, that should not touch the Ground after it is gathered; and al-  
 faith, that being hung about the Neck, it remedies  
 itchcraft. Both the Leaves and Berries of Mistleto do  
 at and dry, and are of subtle  
 parts; the Birdlime doth mollify  
 ed Knots, Tumours, and Impo-  
 umes, ripeneth and discusseth  
 em, and draweth forth thick as  
 well as thin Humours from the remote parts of the Body,  
 gesting and separating them. And being mixed with  
 ual parts of Rozin and Wax, doth mollify the hardness  
 the Spleen, and healeth Old Ulcers and Sores. Being  
 xed with Sandarick and Orpment, it helpeth to draw off  
 ul Nails; and if Quicklime and Wine-lees be added there-  
 to, it worketh the stronger. The Mistleto itself of the  
 ak (as the best) made into Powder, and given in drink  
 those that have the Falling-sickness, doth assuredly heal  
 em, as *Matthiolus* saith; but it is fit to use it for forty days  
 gether. Some have so highly esteemed of the Vertues  
 ereof, that they have called it *Lignum Sanctæ Crucis*, Wood  
 the Holy Cross, believing it helps the Falling-sickness,  
 poplexy and Palsie very speedily, not only to be inward-  
 taken, but to be hung at their Neck. *Tragus* saith,  
 at the fresh Wood of any Mistleto bruised, and the  
 ice drawn forth and dropped into the Ears that have  
 imposthumes in them, doth help and ease them within a  
 w days.

*Witchcraft, Imposthumes,  
 Spleen, Ulcers, Falling-  
 sickness, Apoplexy, Palsie,  
 Imposthumes.*

## Money-wort, or Herb Two-pence.

descript.] **T**HE common Money-wort sendeth forth from  
 a small thready Root divers long, weak and  
 tender Branches, lying and running upon the ground two or three  
 foot long or more, set with Leaves two at a Joint one against a-  
 nother at equal Distances, which are almost round, but pointed at  
 the ends, smooth and of a good green colour. At the Joints with  
 the Leaves from the middle forward, come forth at every Point  
 sometimes one yellow Flower, and sometimes two, standing each  
 on a small Foot-stalk, and made of five Leaves narrow-pointed  
 at

at the end, with some yellow threads in the middle: which being past, there stand in their places small round heads of Seed.

*Place.*] It groweth plentifully in almost all places of this Land, commonly in moist Grounds by Hedge-sides, and in the middle of Grassie-fields.

*Time.*] They flower in June and July, and their Seed is ripe quickly after.

*Government and Vertues.*] Venus owns it. Money-wort is singular good to stay all Fluxes in Man or Woman, Whether they be Lasks, Bloody-Fluxes, the flowing of Womens Wounds, old Ulcers. Courses, Bleeding inwardly or outwardly, and the weakness of the Stomach that is given to casting. It is very good also for all Ulcers or Excoriations of the Lungs, or other inward parts. It is exceeding good for all Wounds, either fresh or green, to heal them speedily, and for all old Ulcers that are of spreading Natures. For all which purposes the Juice of the Herb, or the Powder drunk in Water, wherein hot Steel hath been often quenched, or the decoction of the green Herb, in Wine or Water drunk, or the Seed, Juice, or Decoction used to the outward places to wash or bathe them, or to have Tents dipped therein and put into them, are effectual.

### Moon-Wort.

*Descript.*] It riseth up usually but with one dark, green, thick and flat Leaf, standing upon a short Foot-stalk, not above two Fingers breadth; but when it will flower, it may be said to bear a small slender Stalk, about four or five Inches high, having but one Leaf in the middle thereof, which is much divided on both sides into sometimes five or seven parts on a side, sometimes more, each of which parts is small like the middle Rib, but broad forwards and round-pointed, resembling therein a Half-Moon, from whence it took the name; the uppermost parts or divisions being bigger than the lowest. The stalk riseth above this leaf two or three Inches, bearing many branches of small long Tongues, every one like the spiky head of the Adder's-Tongue, of a brownish colour, which whether I shall call them Flowers or the Seed, I well know not, which after they have continued a while, resolve into a mealy Dust. The Root is small and fibrous. This hath some-  
times

divers such like Leaves as are before described, with some Branches or Tops rising from one Stalk, each divided from the other.

Place] It groweth on Hills and Heaths, yet where there is much Grass, for therein it delighteth to grow.

Time.] It is to be found only in April and May; for in June, when any hot Weather cometh, for the most part it is withered and gone.

Government and Vertues.] The Moon owns the Herb. Moonwort is cold and drying, more than Adder's Tongue, and is therefore held to be more available for all Wounds both inward and outward. The Leaves boil-

in Red Wine, and drunk, stayeth Womens Courses, Bleedings, Vomiting, Fluxes, and the Whites. It also stayeth broken and disjoynted Bones, green Wounds. It helpeth all Blows and Bruises, and

consolidate all Fractures and Dislocations. It is good for all Wounds, but is chiefly used by most with other Herbs to make Oils or Balsams to heal fresh or green Wounds (as I have said before) either inward or outward, for which it is excellent good.

Moonwort is an Herb which (they say) will open Locks, and unshoe such Horses as tread upon it: this some laugh at, and scorn, and those no small Fools neither: but Country-people that I know, call it *Unshoe the Horse*. Besides, I have heard Commanders say, that on *White-Down* in *Devonshire*, near *Tiverton*, there was found Thirty Horse-shoes pulled off from the Feet of the Earl of *Essex* his Horses, being there mown up into a Body, many of them being but newly shod, and no reason known, which caused much Admiration; and the Herb described, usually grows upon Heaths.

## Mosses.

I shall not trouble the Reader with a Description of these, since my intent is to speak only of two kinds, as the most principal, viz. Ground-Moss and Tree-Moss, both which are very well known.

Place] The Ground-Moss groweth in our moist Woods, and in the bottom of Hills, in boggy Grounds, and in shadowy

shadowy Ditches, and many other such like Places. The Tree-Moss groweth only on Trees.

*Government and Vertues.*] All sorts of Mosses are under the Dominion of *Saturn*. The Ground-Moss is held to be singular good to break the Stone, and to expel and drive it forth by Urine, being boiled in Wine and drunk. The Herb being bruised and boiled in Water, and applied, easeth all Inflammations and Pains coming of an hot Cause; and is therefore used to ease the pains of the hot Gout.

The Tree-Mosses are cooling and binding, and partake of a digesting and mollifying quality withal, as *Galen* saith. But each Moss doth partake of the nature of the Tree from whence it is taken; therefore that of the Oak is more binding, and is of good effect to stay Fluxes in Man or Woman; as also Vomiting, or Bleedings, the Powder thereof being taken in Wine. The Decoctions thereof in Wine are very good for Women to be bath'd, or to sit in, that are troubled with the overflowing of their Courses. The same being drunk, stayeth the Stomach that is troubled with Casting, or the Hic-cough; and as *Avicenna* saith, it comforteth the Heart. The Powder thereof taken in Drink for some time together, is thought available for the Dropsie. The Oil of Roses that have had fresh Moss steeped therein for a time, and after boiled and applied to the Temples and Forehead, doth marvelously ease the Head-ach coming of a hot Cause; as also the distillations of hot Rheum or Humours to the Eyes, or other parts. The Ancients much used it in their Ointments and other Medicines against Lassitude, and to strengthen and comfort the Sinews. For which, if it was good then, I know no reason but it may be found so still.

### Mother-wort.

*Descript.*] **T**His hath a hard, square, brownish, rough, strong Stalk, rising three or four Foot high at least, spreading into many Branches, whereon grow Leaves on each side, with long Foot-stalks, two at every Joint, which are somewhat broad and long, as if it were rough or crumpled, with many great

Veins therein of a sad green colour, and deeply dented about the edges, and almost divided. From the middle of the Branches up to the tops of them (which are very long and small) grow the flowers round about them at distances, in sharp-pointed, rough hard husks, of a more red or purple colour than Balm or Horehound, but in the same manner or form as the Horehounds: After which come small, round, blackish Seeds in great plenty. The Root sendeth forth a number of long Strings and small Fibres, taking strong hold in the ground, of a dark yellowish, or brownish colour, and abideth as the Horehound doth; the Smell of this not much differeth from it.

Place.] It groweth only in Gardens with us in England.  
Government and Vertues.] Venus owns the Herb, and it is under Leo. There is no better Herb to drive melancholy Vapours from the Heart, to strengthen it, and make a merry, chearful, blith Soul, than this Herb. It may be kept in a Syrup or Conserve; therefore the Latins called it *Cordiacæ*. Besides it makes Women joyful Mothers of Children, and settles their Wombs as they should be, therefore we call it

*Melancholy, Vapours, Swoonings, sore Travail, Mother, Urine, Womens Courses, Phlegm, cold Phlegm, Cramp, Convulsions.*

Mother-wort. It is held to be of much use for the trembling of the Heart, and Faintings and Swoonings, from whence it took the name *Cordiacæ*. The Powder thereof to the quantity of a spoonful drunk in Wine, is a wonderful help to Women in their sore Travail, as also for the Suffocation or Risings of the Mother, and for these effects it is likely it took the name of Mother-wort with us. It also provoketh Urine and Womens Courses, cleanseth the Chest of cold Phlegm oppressing it, killeth Worms in the Belly. It is of good use to warm and dry up the cold Humours, to digest and disperse them that are settled in the Veins, Joints, and Sinews of the Body, and to help Cramps and Convulsions.

### Moufe-ear.

Descript.] **M**oufe-ear is a low Herb creeping upon the ground by small strings, like the Strawberry Plant, whereby it shooteth forth small Roots, whereat grow upon the ground many small and somewhat short Leaves, set in a round form together, and very hairy, which being broken do give a white

*white Milk* : From among these Leaves spring up two or three small hoary Stalks about a Span high, with a few smaller Leaves thereon ; at the tops whereof standeth usually but one Flower consisting of many paler yellow Leaves, broad at the Points, and a little dented in, set in three or four Rows, the greater outermost, very like a Dandelion-Flower, and a little reddish underneath about the edges, especially if it grow in a dry ground ; which after they have stood long in flower, do turn into Down, which with the Seed is carried away with the Wind.

*Place.*] It groweth on Ditch-Banks, and sometimes in Ditches, if they be dry, and in sandy Grounds.

*Time.*] It flowereth about June and July, and abideth green all the Winter.

*Government and Vertues.*] The Moon owns the Herb also ; and tho' Authors cry out upon Alchymists, for attempting to fix Quick-silver by this Herb and Moon-wort, a Roman would not have judged a thing by the Success ; if it be to be fixed at all, it is by *Lunar Influence*. The Juice hereof taken in Wine, or the Decoction thereof drunk, doth help the Jaundice, altho' of long continuance, to drink thereof Morning and Evening, and abstain from other drink two or three Hours after. It is a special Remedy against the Stone, and the tormenting Pains thereof ; as also other Tortures and griping Pains of the Bowels. The Decoction thereof with Succory and Centaury, is held very effectual

*Jaundice, Stone, Belly-ach, Dropsie, Flux, Wounds, Bloody-Flux, Terms stops, Cough, Ptytick, Ruptures, Canker, Ulcers, Spreading Sores.*

to help the Dropsie, and them that are inclining thereunto, and the Diseases of the Spleen. It stayeth the Fluxes of Blood, either at the Mouth or Nose, and inward Bleeding also, for it is a singular Wound-Herb for Wounds both inward and outward : It helpeth the Bloody-flux, and helpeth the abundance of Womens Courses. There is a Syrup made of the Juice hereof, and Sugar, by the Apothecaries of *Italy*, and other Places, which is of much account with them, to be given to those that are troubled with the Cough or Ptytick. The same also is singular good for Ruptures or Burstings. The green Herb bruised and presently bound to any Cut or Wound, doth quickly soder the Lips thereof. And the Juice, Decoction, or Powder of the dried Herb, is most singular to stay the Malignity of

spreading and fretting Cankers and Ulcers whatsoever, in the Mouth and Secret Parts. The distilled Water the Plant is available in all the Diseases aforesaid, and wash outward Wounds and Sores, and apply Tents of baths wet therein.

### Mugwort.

**Script.]** Common Mugwort hath divers Leaves lying upon the Ground, very much divided, or cut ly in about the brims, somewhat like Wormwood, but much greener, of a dark green colour on the upper side, and very hoary underneath. The Stalks rise to be four or five Foot high, bearing on it such-like Leaves as those below, but somewhat smaller, branching forth very much towards the top, whereon are very small, pale, yellowish Flowers like Buttons, which fall away, after them come small Seeds enclosed in round Heads. The Root is long and hard, with many small Fibres growing from it, whereby it taketh strong hold on the Ground; but both Stalk and Root do lie down every Year, and the Root shooteth anew in the Spring. The whole Plant is of a reasonable good Scent, and is easily propagated by the Slips than the Seed.

**Place.]** It groweth plentifully in many Places of this Land, the Water-sides; as also by small Water-courses, and in divers other Places.

**Time.]** It flowereth and seedeth in the end of Summer.

**Government and Vertues.]** This is an Herb of Venus, therefore maintaineth the parts of the Body she rules, remedies

Diseases of the parts that are under her Signs *Taurus* and *Libra*. Mugwort is with good Success put among other Herbs that are boiled for

women, to sit over the hot Decoction to draw down their Courages to help the Delivery of their Children, and expel the After-birth. As also for the Obstructions and Inflammations of the Mother. It

*Terms* provokes, Birth, After-birth, Womb Inflamed, King's-Evil, Pains in the Neck, Opium, Sciatica, Sins newly pained, Cramp.

It taketh the Stone, and causeth one to make Water where it is stopped. The Juice thereof made up with Myrrh, and taken under as a Pessary, worketh the same Effects, and so doth the Root also. Being made up with Hogs-grease into an Ointment, it taketh away Wens and hard Knots and Tumours that grow about the Neck and Throat, and easeth the

the Pains about the Neck more effectually, if some Field Daffies be put with it. The Herb itself being fresh, or the Juice thereof taken, is a special Remedy upon the overmuch taking of Opium. Three Drams of the Powder of the dried Leaves taken in Wine, is a speedy and the best certain help for the Sciatica. A Decoction thereof made with Camomel and Agrimony, and the places bath'd therewith while it is warm, taketh away the Pains of the Siney and the Cramp.

### The Mulberry-Tree.

**T**His is so well known where it groweth, that it needeth no Description.

*Time*] It beareth Fruit in the Months of *July* and *August*.

*Government and Vertues.*] *Mercury* rules the Tree, therefore are its effects variable as his are. The Mulberry is of different parts; the ripe Berries, by reason of their Sweetness and slippery Moisture, opening the Body, and the unripe binding it, especially when they are dried, and the dried they are good to stay Fluxes, Lasks, and the abundance of Womens Courses. The Bark of the Root killeth the broad Worms in the Body. The Juice, or the Syrup made of the Juice of the Berries, helpeth all Inflammations or Sores in the Mouth of Throat, and the Palate of the Mouth when it is fallen down. The Juice of the Leaves is a Remedy against the biting of Serpents, and for those that have taken *Aconite*. The Leaves beaten with Vinegar are good to lay on any place that is burnt with Fire. A Decoction made of the Bark and Leaves is good to wash the Mouth and Teeth when they ache. If the Root be a little slit or cut, and a small Hole made in the Ground next thereunto, in the Harvest-time it will give out a certain Juice, which being hardned the next day, is of good use to help the Tooth-ach, to dissolve Knots, and purge the Belly. The Leaves of Mulberries are said to stay Bleeding at the Mouth or Nose, or the Bleeding of the Piles, or of a Wound, being bound unto the places. A branch of the Tree taken when the Moon is at the Full, and bound to the Wrist of a Woman's Arm

*A Curious Secret.*

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n, whose Courses come down too much, doth stay them short space.

# Mullein.

[Script.] **C**ommon white Mullein hath many fair, large, woolley, white Leaves, lying next the Ground, somewhat larger than broad, pointed at the end, and as it were tined about the Edges. The Stalk riseth up to be four or five fathoms high, covered over with such-like Leaves but lesser, so that the Stalk can be seen for the Multitude of Leaves thereon up to the top, which come forth on all sides of the stalk, without any leaves for the most part, and are many set together in a long spike, in some of a yellow colour, in others more pale, consisting of five round-pointed Leaves, which afterwards have small round Heads, wherein is small brownish Seed contained. The Root is long, white, and woody, perishing after it hath borne fruit.

[Place.] It groweth by Way-sides and Lanes, in many places of this Land.

[Time.] It flowereth in July, or thereabouts.


[Government and Vertues.] It is under the Dominion of Saturn. A small quantity of the Root given in Wine, is recommended by *Diascorides* against Colics and Fluxes of the Belly. The Decoction hereof drunk, is profitable for those that are burthened, and for Cramps and Convulsions, and for those that are troubled with an old Cough. The Decoction thereof gargled, easeth the Pains of the Tooth-ach. And the Oyl made by the often Infusion

Fluxes, Ruptures, Cramps  
Convulsions, Coughs, Tooth-  
ach, Hemorrhoids, Bloody  
flux, Obstructions, Reins,  
Bladder, Sinews, Gout,  
Warts, Belly-ach, Cholick,  
Inflammation, Thorns,  
Splinters, Boils, Groin, Dis-  
junctures.

of the Flowers, is of very good Effect for the Piles. The Decoction of the Root in red Wine, or in Water, (if there be an Ague) wherein red-hot Steel hath been often quenched, doth stay the Bloody-flux. The same also openeth obstructions of the Bladder and Reins when one cannot take Water. A Decoction of the Leaves hereof and of Sage, Marjoram and Chamomel-Flowers, and the places bath'd therewith, that have Sinews stark with Cold or Cramps, both bring them much ease and comfort. Three Ounces of the distilled Water of the Flowers drunk Morning and Evening

Evening for some Days together, is said to be the most excellent Remedy for the Gout. The Juice of the Leaves and Flowers being laid upon rough Warts, as also the Powder of the dried Roots rubbed on, doth easily take them away, but doth no good to smooth Warts. The Powder of the dried Flowers is an especial Remedy for those that are troubled with the Belly-aches, or the Pains of the Cholick. The Decoction of the Root, and so likewise of the Leaves, is of great effect to dissolve the Tumours, Swellings, or Inflammation of the Throat. The Seed and Leaves boiled in Wine, and applied, draw forth speedily Thorns or Splinters gotten into the Flesh, ease the Pains, and heal them also. The Leaves bruised and wrapped in double Paper and cover'd with hot Ashes and Embers to bake a while and then taken forth and laid warm on any Blotch or Boil happening in the Groin or Share, doth dissolve and heal them. The Seed bruised and boiled in Wine, and laid on any Member that hath been out of Joint and is newly set again, taketh away all Swelling and Pain thereof.

### Mustard.

**Descript.]**  OUR common Mustard hath large and broad rough Leaves, very much jagged with uneven and unorderedly Gashes, somewhat like Turnip-leaves, but lesser and rougher. The Stalk riseth to be more than a Foot high, and sometimes two Foot high, being round, rough, and branched at the top bearing such-like Leaves thereon as grow below, but lesser, and less divided, and divers yellow Flowers one above another at the tops, after which come small rough Pods, with small, lank, flat Ends, wherein is contained round yellowish Seed, sharp, hot, and biting upon the Tongue. The Root is small, long, and woody when it beareth Stalks, and perisheth every Year.

**Place.]** This groweth with us in Gardens only, and other manured Places.

**Time]** It is an annual Plant, flowering in July, and the Seed is ripe in August.

**Government and Vertues.]** It is an excellent Sawce for such whose Blood wants clarifying, and for weak Stomachs, being an Herb of Mars, but naught for Cholerick People, tho' good for such as are aged, or troubled with cold Disease. *Aries* claims something to do with it, therefore it strengtheneth the

Heart, and resisteth Poyson. Let such whose Stomachs  
 so weak they cannot digest their Meat or appetite it,  
 of Mustard-seed a Dram, Cinnamon as much, and having  
 ten them to Powder, and half as much Mastick in  
 wder, and with Gum-Arabick dissolved in Rose-water,  
 ke it up into Troches, of which they may take one of  
 out half a Dram weight an hour or two before Meals;  
 old Men and Women make much of this Medicine,  
 they will either give me Thanks, or shew manifest In-  
 titude. Mustard-seed hath the  
 rtue of heating, discussing, rari-  
 ng, and drawing out Splinters of  
 nes, and other things out of the  
 esh. It is of good effect to bring  
 wn Womnes Courses, for the  
 illing-sickness or Lethargy, drow-  
 forgetful Evil, to use it both  
 wardly and outwardly to rub the  
 ostrils, Forehead and Temples,  
 warm and quicken the Spirits;  
 by the fierce Sharpness it pur-  
 the Brain by Sneezing, and  
 wing down Rheum and other  
 cious Humours, which by their Distillations upon the  
 ngs and Chest, procure Coughing, and therefore with  
 ne Honey added thereto doth much good therein.  
 ne Decoction of the Seed made in Wine, and drunk, pro-  
 keth Urine, resisteth the Force of Poyson, the Malignity  
 Mushrooms, and Venom of Scorpions, or other Venomous  
 eatures, if it be taken in time; and taken before the  
 ld Fits of Agues, altereth, lesseneth, and cureth them.  
 ne Seed taken either by itself, or with other things, either  
 an Electuary or Drink, doth mightily stir up bodily  
 st, and helpeth the Spleen and Pains in the Sides, and  
 awings, in the Bowels, and used as a Gargle, draweth up  
 e Palate of the Mouth, being fallen down; and also it  
 olveth the Swellings, about the Throat, if it be outward-  
 applied. Being chewed in the Mouth, it oftentimes help-  
 n the Tooth-ach. The outward application hereof upon  
 e pained place of the Sciatica, discusseth the Humours,  
 d easeth the Pains, as also the Gout and other Joint-  
 es; and is much and often used to ease Pains in the  
 Sides

*Heats, Dries, Splinters,  
 Thorns, Terms provokes,  
 Falling-sickness, Lethargy,  
 Sneezing, Dysury, Poyson,  
 Mushrooms, Venomous-  
 Beasts, Agues, Lust pro-  
 vokes, Spleen, Uvula, Sci-  
 atica, Tooth-ach, Pains,  
 Hair, Bruises, black and  
 blue Spots, Roughness, Le-  
 prosse, Loufe-Evil, Mor-  
 phew, Freckles, Wry Necks.*

Sides or Loins, the Shoulders, or other parts of the Body, upon the plying thereof to raise Blisters, and cureth the Disease by drawing it to the outward parts of the Body. It is also used to help the falling off of the Hair. The Seed bruised mixed with Honey and applied, or made up with Wax, taketh away the marks, and black and blue spots of Bruises or the like, the roughness or scabbiness of the Skin as also the Leprosie, and Lousie Evil. It helpeth also the Crick in the Neck. The distilled Water of the Herb, when it is in the Flower, is much used to drink inwardly to help in any of the Diseases aforesaid, or to wash the Mouth when the Palate is down, and for the Disease of the Throat to gargle, but outwardly also for Scabs, Itch, or other the like Infirmities, and cleanseth the Face from Morpew, Spots, Freckles, and other Deformities.

### The Hedge-Mustard.

**Description.]** **T**his groweth up usually but with one blackish green stalk, tough, easy to bend, but not to break, branched into divers parts, and sometimes with divers stalks set full of Branches, whereon grow long, rough, or hard, rugged Leaves, very much torn or cut on the edges in many parts, some bigger, and some lesser, of a dirty green colour. The Flowers are small and yellow, that grow on the tops of the Branches in long Spikes, flowering by degrees; so that continuing long in Flower, the stalks will have small round Gods at the bottom growing upright and close to the stalk, while the top Flowers yet shew themselves, in which are contained small yellow Seeds sharp and strong, as the Herb is also. The Root groweth down slender and woody, yet abiding and springing again every Year.

**Place.]** This groweth frequently in this Land, by the Ways and Hedge sides, and sometimes in the open Fields.

**Time.]** It flowereth most usually about July.

**Government and Vertues.]** Mars owns this Herb also.

**Chief,** Lungs, Hoarseness, of the Chest and Lungs, Hoarseness of Voice, and by the use of the Decoction thereof for a little space, those have been recovered  
**Cough, Shortness of Breath,**  
**Faundice, Pleurisie, Back,**  
**Loins, Belly, Cholick, Poyson,**

wh

had utterly lost their Voice, *Sciatica, Gout, Joints,*  
almost their Spirits also. The *Fistula's, Ulcers, Cankers,*  
ce thereof made into a Syrup, *Testicles, Womens Breasts.*  
licking Medicine, with Honey  
Sugar, is no less effectual for the same purpose, and for all  
er Coughs, Wheezing, and Shortness of Breath. The  
ne is also profitable for those that have the Jaundice, the  
eurific, Pains in the Back and Loins, and for Torments in  
e Belly, or Cholick, being also used in Clysters. The Seed  
held to be a special Remedy against Poyson and Venom.  
is singular good for the *Sciatica, the Gout, and in Joint-*  
hes, Sores, and Cankers in the Mouth, Throat, or behind  
e Ears; and no less for the hardness and swelling of the  
esticles, or of Womens Breasts.

### Nail-wort, or Whitlow-grass.

[*descript.*] **T**His very small and common Herb hath no Roots,  
save only a few strings; neither doth it ever  
ow to be above a hand's breadth high; the Leaves are very  
all, and something long, not much unlike those of Chickweed,  
eng which rise up divers slender Stalks, bearing many white  
owers one above another, which are exceeding small; after  
hich come small flat Pouches containing the Seed, which is very  
all, but of a sharp Taste.

[*Place.*] It grows commonly upon old Stone and Brick-  
walls, and sometimes in dry gravelly Grounds, especially if  
ere be Grass or Moss near to shadow it.

[*Time.*] They flower very early in the Year, sometimes in  
January, and in February; for before the end of April they  
e not to be found.

[*Government and Vertues*] It is held to be exceeding good  
r those Imposthumes in the  
oints, and under the Nails, *Imposthumes, Whitlows, Felons,*  
hich they call Whitlows, *Andicoms, Nail-wheals.*  
elons, Andicoms, and Nail-  
heals. Such as would be knowing Physicians, let them read  
ese Books of mine of the last Edition, viz. *Rivierius, Rhola-*  
*us, Johnson, Vestingus, Sennertus.*

## Nep, or Catmint.

**Descript.]** Common Garden Nep shooteth forth hard four square Stalks with a Hoariness on them, a Foot high or more, full of Branches, bearing at every Joint two broad Leaves somewhat like Balm, but longer pointed, softer, white and more hoary, nicked about the Edges, and of a strong sweet Scent. The Flowers grow in large tufts at the tops of the Branches and underneath them likewise on the Stalks many together, of whitish Purple-Colour. The Roots are composed of many long Strings or Fibres, fastening themselves stronger in the Ground and abide with green Leaves thereon all the Winter.

**Place.]** It is only nursed up in our Gardens.

**Time.]** And it flowereth in July or thereabouts.

**Government and Vertues.]** It is an Herb of Venus. Men

*Terms provokes, Barrenness, Womb, Wind, Mother, Cough, Rheums Vertigo, Cramp, cold Ach, Difficulty of Breath, Bruises, Hemorrhoids, Scabby Head.*

is generally used for Women procure their Courses, being taken inwardly or outwardly, either alone or with other convenient Herbs in a Decoction to bathe them, or sit over the hot Fumes thereof; and by the frequent use thereof it takes away Barrenness and the Wind, and Pains of the Mother. It is also used for Pains of the Head coming of any cold Cause, Catarrhs, Rheums, and for Swimming and Giddiness thereof, and of special use for the Windiness of the Stomach and Belly. It is effectual for any Cramp or cold Aches, to dissolve the Cold and Wind that afflicteth the place, and is used for Colds, Coughs, and Shortness of Breath. The Juice thereof drunk in Wine, is profitable for those that are bruised by Accident. The green Herb bruised and applied to the Fundament, and lying there two or three Hours, easeth the Pain of the Piles. The Juice also being made up into an Ointment, is effectual for the same purpose. The Head washed with a Decoction thereof, it taketh away Scabs, and may be effectual for other parts of the Body also.

Nettles.

Nettles are so well known, that they need no Description at all; they may be found by feeling in the darkeſt night.

*Government and Vertues.*] This is alſo an Herb Mars claims dominion over. You know Mars is hot and dry, and you know as well that Winter is cold and moiſt; then you may know as well the reaſon why Nettle-tops eaten in Spring conſume the phlegmatick Superfluities in the Body of Man, that the coldneſs and moiſture of Winter hath left behind. The Roots or Leaves boiled, or the Juice of either of them, or both made into an Electuary with Honey or Sugar, is a ſafe and ſure

medicine to open the Pipes and Paſſages of the Lungs, which is the cauſe of Wheezing and Shortneſs of Breath, and helpeth to ſolvethe tough Phlegm, as alſo to raiſe the impoſthumed Pleuriſie; and ſpend it by Spitting; the ſame helpeth the Swelling of the Almonds of the Throat, the Mouth and Throat being gargled therewith.

The Juice is alſo effectual to ſetle the Palate of the Mouth in its place, and to heal and temper the Inflammations and Soreneſs of the Mouth and Throat. The Decoction of the Leaves in Wine, being drunk, is ſingular good to provoke Womens Courſes, and to relieve the Suffocation, ſtrangling of the Mother, and all other Diſeaſes thereof; as alſo applied outwardly with a little Myrrh.

The ſame alſo, or the Seed, provoketh Urine, and expelleth the Gravel and Stone in the Reins or Bladder, often prov'd to be effectual in many that have taken it. The ſame killeth the Worms in Children, eaſeth Pains in the Sides, and ſolveth the Windineſs in the Spleen, as alſo in the Body, although others think it only powerful to provoke Venery. The Juice of the Leaves taken two or three days together, ſtayeth ſcalding at the Mouth. The Seed being drunk, is a remedy

Lungs, Wheezing, Shortneſs of Breath, Pleuriſie, Almonds of the Ears, Throat, Mouth, Uvula.

Terms provokes, Mother, Diſury, Gravel, Worms, Spleen, Bleeding, Venomous Beaſts, mad Dogs, Hemlock, Henbane, Nightſhades, Mandrakes, Lethargy, Morpheus, Leproſie, Bleeding, Polypus, Ulcers, Fiſtula's, Gangreens, Scabs, Itch, Wounds, Wearineſs, Diſjunctures, Gout, Sciatica, Joints.

against the stinging of venomous Creatures, the biting of mad Dogs, the poisonous Qualities of Hemlock, Henbane, Night-shade, Mandrake, or other such like Herbs that stupefy or dull the Sense; as also the Lethargy, especially to use it outwardly to rub the Forehead or Temples in the Lethargy, and the Places bitten or stung with Beasts, with little Salt. The distilled Water of the Herb is also effectual (altho' not so powerful) for the Diseases aforesaid; as for outward Wounds and Sores to wash them and to cleanse the Skin from Morpew, Leprosie, and other Discolourings thereof. The Seed or Leaves bruised, and put into the Nostrils stayeth the Bleeding of them, and taketh away the Flesh growing in them called *Polypus*. The Juice of the Leaves or the Decoction of them, or of the Root, is singular good to wash either old, rotten or stinking Sores or Fistula's, and Gangreens, and such as are fretting, eating, or corroding Scabs, Manginess, and Itch in any Part of the Body, as also green Wounds, by washing them therewith, or applying the green Herb bruised thereunto, yea, although the Flesh were separated from the Bones; the same applied to our wearied Members, refresheth them, or to Places that have been out of Joint, being first set up again, strengtheneth, drieth, and comforteth them, as also those Places troubled with Aches and Gouts, and the Defluxion of Humours upon the Joints or Sinews; it easeth the Pains, and drieth or dissolveth the Defluxions. An Ointment made of the Juice, Oil, and a little Wax, is singular good to rub cold and benumbed Members. An handful of the Leaves of green Nettles, and another of Wall-wort, or Dean-wort, bruised and applied simply of themselves to the Gout, Sciatica, or Joint-aches in any Part, hath been found to be an admirable Help thereunto.

### Night-shade.

Descript.] **C**ommon Night-shade hath an upright, round green, hollow stalk, about a foot or half a yard high, bushing forth into many branches, whereon grow many green leaves, somewhat broad, and pointed at the ends, soft and full of juice, somewhat like unto Basil, but larger, and a little unevenly dented about the edges: At the tops of the stalks and branches come forth three or four more white Flowers made five small pointed leaves apiece, standing on a stalk together on  
about

above another, with yellow pointels in the middle, composed of four or five yellow threads set together, which afterwards run into so many pendulous green berries of the bigness of small Pease, full of green juice, and small whitish round flat Seed lying within it. The Root is white, and a little woody when it hath given flower and fruit, with many small fibres at it: The whole Plant is of a waterish insipid taste, but the juice within the berries is somewhat viscos, and of a cooling and binding Quality.

*Place.*] It groweth wild with us under our Walls, and in Rubbish, the common Paths, and Sides of Hedges and Fields, as also in our Gardens here in England, without any planting.

*Time.*] It dieth down every Year, and riseth again of its own sowing, but springeth not until the latter end of April at the soonest.

*Government and Vertues.*] It is a cold Saturnine Plant. This common Night-shade is wholly used to cool hot Inflammations either inwardly or outwardly, being no ways dangerous to any that use it, as most of the rest of the Night-shades are; yet it must be used moderately. The distilled Water only of the whole Herb is

*Inflammations, Inflammations in the Eyes, Shingles, Ring-worms, Terms stops, Testicles, Gout, Ears.*

fittest and safest to be taken inwardly: The Juice also clarified and taken, being mingled with a little Vinegar, is good to wash the Mouth and Throat that is enflamed: But outwardly the Juice of the Herb or Berries, with Oil of Roses and a little Vinegar and Cerus labour'd together in a leaden Mortar, is very good to anoint all hot Inflammations in the Eyes. It also doth much good for the Shingles, Ring-worms, and in all running, fretting and corroding Ulcers, applied thereunto. A Pessary dipped in the Juice, and dropped into the Matrix, stayeth the immoderate Flux of Womens Courses; a Cloth wet therein, and applied to the Testicles or Cods, upon any Swelling therein, giveth much Ease, also to the Gout that cometh of hot and sharp Humours. The Juice dropped into the Ears, easeth Pains thereof that arise of Heat or Inflammations. And Pliny saith, it is good for hot Swellings under the Throat. Have a care you mistake not the Deadly Night-shade for this; if you know it not, you may let them both

alone, and take no harm, having other Medicines sufficient in the Book.

## The Oak.

**I**T is so well known (the Timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Description.

*Government and Vertues.*] Jupiter owns the Tree. The Leaves and Bark of the Oak, and the Acorn-Cups, do bind and dry very much: The inner bark of the tree, and the thin skin that covereth the Acorn, are most used to stay the spitting of blood, and the bloody-flux: The Decoction of that Bark, and the Powder of the Cups, to stay Vomitings, Spitting of Blood, Bleeding at the Mouth, or other Flux of Blood, in Men or Women; Lasks also, and the involuntary Flux of natural Seed. The Acorn in Powder taken in Wine, provoketh Urine, and resisteth the Poison of venomous Creatures. The Decoction of Acorns and the Bark made in Milk and taken, resisteth the force of poisonous Herbs and Medicines, as also the Virulency of Cantharides, when one by eating them hath his Bladder exulcerated and pisseth Blood. *Hippocrates* saith, he useth the Fumes of Oak-Leaves to Women that were troubled with the strangling of the Mother; and *Galen* applied them, being bruised, to cure green Wounds. The distilled Water of the Oaken-bud before they break out into Leaves, is good to be used either inwardly or outwardly to assuage Inflammations, and stop all manner of Fluxes in Man or Woman: The same is singular good in pestilential and hot burning Fevers; for it resisteth the Force of the Infection, and allayeth the Heat: It cooleth the Heat of the Liver, breaketh the Stone in the Kidneys, and stayeth Womens Courses. The Decoction of the Leaves worketh the same Effects. The Water that is found in the hollow Places of old Oaks, is very effectual against any foul or spreading Scabs. The distilled Water (or Concoction, which is better) of the Leaves, is one of the best Remedies that I know for the Whites in Women.

*Dry, bind, Spitting Blood, Flux, Vomiting, Venereous Acts, Disury, Poison, venomous Beasts, Cantharides, Ulcers of the Bladder,*

*Mother, Wounds, Inflammations, Flux, Pestilences, Epidemical Diseases, Liver, Stone, Terms stops, Scabs.*

*Oats.*

## Oats.

**T**Hese are so well known, that they need no Description.

*Government and Vertues.*] Oats fry'd with Bay-salt, and applyed to the Sides, take away the Pains of Stitches and Wind in the sides of the Belly. A Poulteffs made of Meal of Oats, and some Oil of Bays put thereto helpeth the Itch and the Leprosie, as also the Fistula's of the Fundament, and dissolveth hard Imposthumes. The Meal of Oats boiled with Vinegar and applied, taketh away Freckles and Spots in the Face, and other parts of the Body.

*Stitch, Wind, Itch. Leprosies, Eistula's, Imposthumes, Freckles.*

## One-Blade.

*Descript.*] **T**His small Plant never beareth more than one Leaf, but only when it riseth up with his Stalk, which thereon beareth another, and seldom more, which are of a bluish green colour, pointed, with many ribs or veins therein, like Plantane. At the top of the stalk grow many small white Flowers, star-fashion, smelling somewhat sweet; after which come small reddish Berries, when they are ripe. The Root is small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.

*Place.*] It groweth in moist shadowy and grassie places of Woods, in many Places of this Land.

*Time*] It flowereth about May, and the Berries be ripe in June, and then quickly perisheth, untill the next Year it springeth from the same Root again.

*Government and Vertues.*] It is a precious Herb of the Sun. Half a Dram or a Dram at most, in Powder of the Roots hereof taken in Wine and Vinegar, of each equal parts, and the party laid presently to sweat thereupon, is held to be a sovereign Remedy for those that are infected with the Plague, and have a Sore upon them; by expelling the Poyson and Infection, and defending the Heart and Spirits from Danger. It is a singular good Wound-Herb, and is thereupon used with other the like Effects in many compound

*Pestilente, Poyson, Epidemical Diseases, Wounds, Sinews cut.*

Balms for curing of Wounds, be they fresh and green, or old and malignant, and especially if the Sinews be burnt.

## Orchis.

**I**T hath gotten almost as many several names attributed to the several sorts of it, as would almost fill a sheet of Paper; as Dog-stones, Goat stones, Fool-stones, Fox stones, Satirian, Cullians, together with many others too tedious to rehearse.

**Description.]** To describe all the several sorts of it, were an endless piece of work; therefore I shall only describe the Roots, because they are to be used with some discretion. They have each of them a double Root within, some of them are round; in others like a Hand; these Roots alter every year by course, when the one riseth and waxeth full, the other waxeth lank and perissheth: Now it is that which is full which is to be used in Medicines, the other being either of no use at all, or else according to the Humour of some, it destroys and disannuls the virtue of the other, quite undoing what that doth.

**Time.]** One or other of them may be found in flower, from the beginning of April to the latter end of August.

**Temperature and Vertues.]** They are hot and moist in Operation, under the dominion of Dame Venus, and provoke Lust exceedingly, which they say, the Lust provoketh, Worms, of Dame Venus, and provoke Lust King's-Evil. dry or withered Roots restrain again; they are held to kill the Worms in Children; as also being bruised and applied to the place, to help the King's-Evil.

## Onions.

**T**hey are so well known, that I need not spend time about writing a Description of them.

**Government and Vertues.]** Mars owns them, and they have gotten this quality, to draw any Corruption to them; for if you pill one and lay him upon a Dunghil, you shall find him rotten in half a Day, by drawing Putrefaction to it; then being bruised and applied to a Plague-fore, 'tis very probable 'twill do the like.

Onions are flatulent or windy, yet they do somewhat provoke Appetite, increase Thirst, ease the Belly and Bowels, provoke Womens Courses, help the Biting of a mad Dog, and of other venomous Creatures, to be used with Honey and Rue, increase Sperme, especially the Seed of them. They also kill the Worms in Children if they drink the Water fasting wherein they have been steeped all Night. Being roasted under the Embers, and eaten with Honey or Sugar and Oil, they much conduce to help an inveterate Cough, and expectorate the tough Phlegm. The Juice being snuffed up in the Nostrils, purgeth the Head, and helpeth the Lethargy, (yet the often eating them is said to procure Pains in the Head.) It hath been held by divers Country People a good Preservative against Infection, to eat Onions fasting with Bread and Salt; as also to make a great Onion hollow, filling the place with good Treacle, and after to roast it well under the Embers, which after taking away of the outermost Skin thereof, being beaten together, is a sovereign Salve for either Plague or Sore, or any other putrified Ulcer. The Juice of Onions is good for either Scalding or Burning by Fire, Water, or Gunpowder, and used with the Vinegar, taketh away all Blemishes, Spots and Marks in the Skin; and dropped into the Ears, easeth the Pains and Noise of them. Applied also with Figs beaten together, helpeth to ripen and break Imposthumes and other Sores.

Leeks are as like them in quality, as the Pome-water is like an Apple: They are a Remedy against a Surfeit of Mushrooms, being baked under the Embers and taken, and being boiled and applied very warm, help the Piles. In other Things they have the same Property as the Onions, although not so effectual.

## Orpine.

Descript.] Common Orpine riseth up with divers round brittle Stalks, thick set with fat and fleshy Leaves, without any Order, and little or nothing dented about the edges, of a green Colour; the Flowers are white, or whitish, growing in tufts, after which come small chaffy husks, with Seed like Dust in them. The Roots are divers, thick, round, white,

tubercous Clogs; and the Plant groweth not so big in some places as in others where it is found.

*Place.*] It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild, and groweth in shadowy sides of Fields and Woods.

*Time.*] It flowereth about July, and the Seed is ripe in August.

*Government and Vertues.*] The Moon owns the Herb, and he that knows but her Exaltation, knows what I say is true.

Orpine is seldom used in inward Medicines with us, although *Tragus* saith from Experience in *Germany*, that the distilled Water thereof is profitable for Gnawings or Exco-

*Excoriations of Bowels, Ptifick, Womb, Bloody flux, Wounds, Inflammations, Scaldings, Burnings, Quin-*  
*zie, Ruptures.*

els; or for Ulcers in the Lungs, Liver, or other inward Parts, as also in the Matrix, and helpeth all those Diseases, being drunk for certain Days together.

And that it stayeth the sharpness of Humours in the Bloody-flux, and other Fluxes in the Body, or in Wounds. The Root thereof also performeth the like effect. It is used outwardly to cool any Heat or Inflammation upon any Hurt or Wound, and easeth the Pains of them; as also to heal Scaldings or Burnings, the Juice thereof being beaten with some green Sallad-Oil, and anointed. The Leaf bruised, and laid to any green Wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinzie; it helpeth also Ruptures and Burstenness. If you please to make the Juice thereof into a Syrup with Honey or Sugar, you may safely take a Spoonful or two at a time (let my Author say what he will) for a Quinzie, and you shall find the Medicine more pleasant, and the Cure more speedy, than if you had taken a Dog's-Turd, which is the vulgar Cure.

### Parsley.

**T**His is so well known, that it needeth no Description.

*Government and Vertues.*] It is under the Dominion of Mercury, and is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courses, and to break Wind both in the Stomach and Bowels, and doth a little open the Body, but the Root much more; and openeth Obstructions both of Liver and Spleen, and is therefore accounted one of the five opening Roots. Galen commended it against the Falling-sickness, and to provoke Urine mightily, especially if the Roots be boiled and eaten like Parsnips. The Seed is effectual to provoke Urine and Womens Courses, to expel Wind, to break the Stone and easeth the Pains and Torments thereof, or of any other part in the Body occasion'd by Wind. It is also effectual against the Venom of any poysonous Creature, and the danger that cometh to them that have taken Lithargy; and is as good against the Cough. The distilled Water of Parsley is a familiar Medicine with Nurses to give their Children when they are troubled with Wind in the Stomach or Belly, which they call the Frets; and is also much available to them that are of greater Years. The Leaves of Parsley laid to Eyes that are inflamed with Heat, or swoln, doth much help them, if it be used with Bread or Meal; and being fried with Butter, and applied to Womens Breasts that are hard through the Curdling of their Milk, it abateth the Hardness quickly, and also it taketh away black and blue Marks coming of Bruises or Falls. The Juice thereof dropped into the Ears with a little Wine, easeth the Pains. *Tragus* setteth down an excellent Medicine to help the Jaundice and Falling sickness, the Dropsie, and Stone in the Kidnies, in this manner: Take of the Seed of Parsley, Fennel, Annise and Carraways, of each an Ounce; of the Roots of Parsley, Burnet, Saxifrage, and Carraways, of each an Ounce and a half; let the Seeds be bruised, and the Roots washed and cut small. Let them lie all Night in steep in a Bottle of White-wine, and in the Morning be boiled in a close earthen Vessel until a third part or more be wasted, which being strained and cleared, take four Ounces thereof Morning and Evening first and last, abstain-

*Stomach, Disury, Terms  
provokes, Liver, Spleen,  
falling sickness, Stone, wind,  
venomous Beasts, Cough,  
Sucking Children, Eyes, Wo-  
mens Breasts, curdled Milk,  
black and blue Marks,  
Jaundice, Falling-sickness,  
Dropsie.*

Obstructions of Liver and Spleen. ing from drink after it for three Hours. This openeth Obstructions of the Liver and Spleen, and expelleth the Dropſie and Jaundice by Urine.

### Parsly-Piert, or Parsly Break-stone.

**Descript.]** **T**HE Root, although it be very small and thready, yet it continues many years, from whence arise many leaves lying along on the Ground, each standing upon a long small Foot Stalk, the leaves as broad as a Man's Nail, very deeply dented on the edges, somewhat like a Parsly-leaf, but of a very dusky green colour. The stalks are very weak and slender, about three or four Fingers in length, set so full of leaves, that they can hardly be seen, either having no Foot-stalk at all, or but very short; the Flowers are so small, they can hardly be seen, and the Seed as small as may be.

**Place.]** It is a common Herb throughout the Nation, and rejoiceth in barren, sandy, moist places. It may be found plentifully about Hamstead-Heath, Hide-Park, and in Tuttle-Fields.

**Time.]** It may be found all the Summer-time, even from the beginning of April to the end of October.

**Government and Vertues.]** Its Operation is very prevalent to provoke Urine, and to break the Stone. It is a very good Sallet-Herb. It were good the Gentry would pickle it up as they pickle up Samphire for their use all the

Winter. I cannot teach them how to do it; yet this I can tell them, it is a very wholesome Herb. They may also keep the Herb dry, or in a Syrup if you please. You may take a Dram of the Powder of it in White-Wine, it would bring away Gravel from the Kidneys insensibly and without Pain. It also helps the Stranguary.

### Parſnip.

**T**HE Garden-kind thereof is so well known, (the Root being commonly eaten) that I shall not trouble you with any Description of it. But the wild kind being of more Physical use, I shall in this place describe it unto you.

**Descript.]**

**Descript.]** *The wild Parsnip differeth little from the Garden, but groweth not so fair and large, nor hath so many leaves; and the Root is shorter, more woody, and not so fit to be eaten, and therefore most medicinal.*

**Place.]** The name of the first sheweth the place of its growth.

The other groweth wild in divers places, as in the Marshes by Rochester, and elsewhere, and flowereth in July; the Seed being ripe about the beginning of August, the second Year after the sowing; for if they do flower the first Year, the Country People call them Madneps.

**Government and Vertues.]** The Garden-Parsnips are under Venus. The Garden-Parsnip nourisheth much, and is good and wholesom Nourishment, but a little windy, whereby it is thought to procure bodily Lust; but it fatteneth the Body much, if much used. It is conducible to the Stomach and Reins, and provoketh Urine. But the wild Parsnip

*Lust provokes, Dysury, Cleanse, Open, Venomous, Beasts, Cholick.*

hath a cutting, attenuating, cleansing and opening quality therein: It resisteth and helpeth the Bitings of Serpents, easeh the Pains and Stitches in the Sides, and dissolveth Wind both in the Stomach and Bowels, which is the Cholick, and provoketh Urine. The Root is often used, but the Seed much more. The wild being better than the tame, shews Dame Nature to be the best Physician.

## Cow-Parsnip.

**Descript.]** **T**HIS groweth with three or four large, spread, winged, rough Leaves, lying often on the Ground, or else raised a little from it, with long, round, hairy foot-stalks under them, parted usually into five divisions, the two couples standing each against other; and one at the end, and each leaf being almost round, yet somewhat deeply cut in on the edges in some leaves and not so deep in others, of a whitish green colour, smelling somewhat strongly; among which ariseth up a round crusted, hairy stalk, two or three foot high, with a few Joints and Leaves thereon, and branched at the top, where stand large umbles of white, and sometimes reddish Flowers, and after them flat, whitish, thin, winged Seed, two always joined together. The Root is long and white, with two or three long Strings growing

ing down into the Ground, smelling likewise strongly, and unpleasant.

*Place.*] It groweth in moist Meadows, and the Borders and Corners of Fields, and near Ditches generally through this Land.

*Time.*] It flowereth in July, and seedeth in August.

*Government and Vertues.*] Mercury hath the Dominion over them. The Seed thereof, as *Galen* saith, is of a sharp and cutting quality, and is therefore a fit Medicine for the Cough, and shortness of Breath, the Falling-sickness and the Jaundice. The Root is available to all the Purposes aforesaid, and is also of great use to take away the hard Skin that groweth on a Fistula, if it be but scraped upon it. The Seed hereof

being drunk, cleanseth the Belly from tough phlegmatick Matters therein, easeth them that are Liver-grown, Womens Passions of the Mother, as well being drunk as the Smoke thereof received underneath, and likewise raiseth such as are fallen into a deep Sleep, or have the Lethargy, by burning it under their Nose. The Seed and Root boiled in Oyl, and the Head rubbed therewith, helpeth not only those that are fallen into a Frenzy, but also the Lethargy or Drowsy Evil, and those that have been long troubled with the Head-ach, if it be likewise used with Rue. It helpeth also the Running Scab and the Shingles. The Juice of the Flowers dropped into the Ears that run and are full of Matter, cleanseth and healeth them.

### The Peach-Tree.

*Descript.*] **A** Peach-Tree groweth not so great as the Apricock Tree, yet spreadeth Branches reasonable well, from whence spring smaller reddish twigs, whereon are set long and narrow green Leaves, dented about the Edges. The Blossoms are greater than the Plum, and of a light purple Colour; the Fruit round, and sometimes as big as a reasonable Pippin, others smaller, as also differing in Colours, and Taste, as russet, red or yellow, waterish or firm, with a Frieze or Cotton all over, with a Cleft therein like an Apricock, and a rugged furrowed great Stone within it, and a bitter Kernel within the Stone: It sooner waxeth old and decayeth, than the Apricock by much.

*Place.*]

*Place.]* They are nursed in Gardens and Orchards through this Land.

*Time.]* They flower in the Spring, and fructify in Autumn.

*Government and Vertues.]* Lady *Venus* owns this Tree, and by it opposeth the ill Effects of *Mars*, and indeed for Children and young People nothing is better to purge Choler and the Jaundice, than the Leaves and Flowers of this Tree being made into a Syrup or Conserve; let such as delight to please their Lust regard the Fruit; but such as have lost their Health, and their Childrens, let them regard what I say; they may safely give two Spoonfuls of the Syrup at a time; 'tis as gentle as *Venus* her self. The Leaves of Peaches bruised and laid on the Belly, kill

*Worms, Belly opens, Humours, Wounds.*

Worms; and so they do also being boiled in Ale and drunk, and open the Belly likewise; and being dried is a safe Medicine to discuss Humours. The Powder of them strewed upon fresh bleeding Wounds stayeth their bleeding, and closeth them up. The Flowers steeped all Night in a little Wine standing warm, strained forth in the Morning, and drunk fasting, doth gently open the Belly, and move it downward. A Syrup made of them, as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and sendeth waterish and hydropick Humours by the continuance thereof. The Flowers made into a Conserve, worketh the same effect. The Liquor that dropped from the Tree, being wounded; is given in the Decoction of Coltsfoot, to those that are troubled with the

*Dropsie, Cough, Shortness of Breath, Vomiting and Spitting of Blood, Stone, Wind, Chelick.*

Cough or Shortness of Breath, by adding thereunto some sweet Wine, and putting some Saffron also therein; it is good for those that are hoarse or have lost their Voice. Helpeth all

Defects of the Lungs, and those that vomit and spit Blood: Two Drams thereof given in the Juice of Lemons, or of Raddish, is good for them that are troubled with the Stone. The Kernels of the Stones do wonderfully ease the Pains and Wringings of the Belly, through Wind or sharp Humours, and help to make an excellent Medicine for the Stone upon all Occasions, on this manner: *I take Fifty Kernels of Peach-stones, and One Hundred of the Kernels of Cherry-stones, a handful*

of Elder-Flowers fresh or dried, and three Pints of Muscadell; set them in a close Pot, into a Bed of Horse-dung for ten days, which after distil in a Glass with a gentle Fire, and keep it for your use: You may drink upon occasion three or four Ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain-water, and applied to the Forehead and Temples, doth much help to procure Rest and Sleep to sick Persons wanting it. -The Oil drawn from the Kernels, the Temples being therewith anointed, doth the like. The said

*Baldness, Ears, Watching.* Oil put into Clysters, easeth the Pains of the Wind-Cholick; and anointed on the lower part of the Belly, doth the like, and dropped into the Ears, easeth the Pains in them; the Juice of the Leaves doth the like. Being also anointed on the Forehead and Temples, it helpeth the Megrim and all other Pains in the Head. If the Kernels be bruised and boiled in Vinegar until they become thick, and applied unto the Head, it marvelously procures the Hair to grow again upon bald places, or where it is too thin.

### The Pear-Tree.

**P**ear-Trees are so well known, that they need no Description.

*Government and Vertuss.]* The Tree belongs to *Venus*, and so doth the Apple-Tree. For their Physical Use they are best discerned by their Taste. All the sweet and luscious sorts, whether manured or wild, do help to move the Belly downwards more or less. Those that are hard and sower, do on the contrary bind the Belly as much, and the Leaves do so also: Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling Medicines, and if the wild sort be boiled with Mushrooms, it maketh them the less dangerous. The said Pears

*Mushrooms, Stomach, Inflammations, Cool, Bind, Wounds.*

boiled with a little Honey, help much the oppressed Stomach, as all sorts of them do, some more, some less; but the harsher sorts do more cool and bind, serving well to be bound to green Wounds, to cool and stay the Blood, and to heal up the Wound without further Trouble or Inflammation, as *Galen* saith he hath

found

found by experience. The wild Pears do sooner close up the Lips of green Wounds than others.

*Schola Salerni* adviseth to drink much Wine after Pears, or else (say they) they are as bad as Poison; nay, and they curse the Tree for it too; but if a poor Man find his Stomach oppressed by eating Pears, 'tis but working hard, and it will do as well as drinking Wine.

### Pellitory of Spain.

**C**ommon Pellitory of *Spain*, if it be planted in our Gardens, it will prosper very well; yet there is one sort growing ordinarily here wild, which I esteem to be little inferior to the other, if at all. I shall not deny you the Description of them both.

*Descript.] Common Pellitory is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down right into the Ground, bearing Leaves, being long and finely cut upon the stalk, lying upon the Ground, much larger than the Leaves of Camomel are. At the top it bears one single large Flower at a place, having a border of many Leaves, white on the upper side, and reddish underneath, with a yellow Thrum in the middle, not standing so close as that of Camomel doth.*

*The other common Pellitory which groweth here hath a Root of a sharp biting taste, scarce discernible by the taste from that before described, from whence arise divers brittle Stalks, a yard high and more, with narrow long Leaves finely dented about the edges, standing one above another up to the tops. The Flowers are many and white, standing in Tufts like those of Yarrow, with a small yellowish Thrum in the middle. The Seed is very small.*

*Place.] The last groweth in Fields by the Hedge-sides and Paths, almost every where.*

*Time.] It flowereth at the latter end of June and in July.*

*Government and Vertues.] It is under the Government of Mercury, and I am perswaded it is one of the best Purgers of the Brain that grows. An Ounce of the Juice taken in a Draught of Muscadell an hour before the Fit of the Ague comes, will assuredly drive away the Ague at the second or third time*

*Brain purgeth, Agues, phlegmatick Humours, Head, Teeth, Distillations of the Brain on the Lungs and Eyes, Coughs, Ptyssick, Con-*

*taking*

*sumptions, Apoplexy, Falling-sickness, Lethargy, Sneezing, Head-ach, black and blue Spots, Gout, Sciatica.*

taking at the furthest. Either the Herb or Root dried and chewed in the Mouth, purgeth the Brain or phlegmatick Humours; thereby not only easing

Pains in the Head and Teeth, but also hindreth the Distilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Ptyticks and Consumption, the Apoplexy and Falling-sickness. It is an excellent approv'd Remedy in the Lethargy. The Powder of the Herb or Root being snuffed up the Nostrils, procureth Sneezing, and easeth the Head-ach; being made into an Ointment with Hogs-grease, it takes away Black and Blue Spots occasion'd by Blows or Falls, and helps both the Gout and Sciatica.

### Pellitory of the Wall.

**Descript.]** *It riseth with many brownish, red, tender, weak, clear, and almost transparent Stalks, about two Foot high, upon which grow at the several Joints two Leaves somewhat broad and long, of a dark green Colour, which afterwards turn brownish, smooth on the Edges, but rough and hairy, as the Stalks are also. At the Joints with the Leaves from the middle of the Stalks upwards, where it spreadeth into some Branches, stand many small, pale, purplish Flowers in hairy rough Heads, or Husks, after which come small black and rough Seed, which will stick to any Cloth or Garment that shall touch it. The Root is somewhat long, with many small Fibres thereat, of a dark reddish Colour, which abideth the Winter, altho' the Stalks and Leaves perish, and spring every Year.*

**Place.]** It groweth wild generally through the Land, about the Borders of Fields, and by the sides of Walls, and among Rubbish. It will endure well being brought up in Gardens, and planted on the shady Side, where it will spring of its own sowing.

**Time.]** In flowereth in June and July, and the Seed is ripe soon after.

**Government and Vertues.]** It is under the Dominion of Mercury. The dried Herb Pellitory made up into an Electuary with Honey, or the Juice of the Herb, or the Decoction thereof made up with Sugar or Honey, is a singular Remedy for an old or dry Cough, the shortness of Breath, and wheezing in the Throat. Three Ounces of the

The Juice thereof taken at a time  
both wonderfully help stopping  
of the Urine, and to expel the  
Stone or Gravel in the Kidneys  
or Bladder, and is therefore usu-  
ally put among other Herbs used  
in Clysters to mitigate Pains in  
the Back, Sides, or Bowels, pro-  
ceeding of Wind, stopping of U-  
rine, the Gravel or Stone, as a-  
foresaid. If the bruised Herb,  
sprinkled with some Muskadel,  
be warmed upon a Tile, or in a  
Dish upon a few quick Coals in  
Chafing-Dish, and applied to

the Belly, it worketh the same effect. The Decoction of  
the Herb being drunk, easeth Pains of the Mother, and  
bringeth down Womens Courses : It also easeth those Grievs  
that arise from Obstructions of the Liver, Spleen and Reins.  
The same Decoction, with a little Honey added thereto, is  
good to gargle a sore Throat. The Juice held a while in  
the Mouth, easeth Pains in the Teeth. The distilled Wa-  
ter of the Herb drank with some Sugar, worketh the same  
effects, and cleanseth the Skin from Spots, Freckles, Pur-  
ples, Wheals, Sunburn, Morpew, &c. The Juice drop-  
ped into the Ears, easeth the Noise in them, and taketh  
away the pricking and shooting Pains therein : The same,  
or the distilled Water, asswageth hot and swelling Im-  
posthumes, Burnings and Scaldings by Fire or Water ;  
as also all other hot Tumours and Inflammations, or Break-  
ings out of Heat, being bathed often with wet Cloths  
dipped therein. The said Juice made into a Liniment  
with Cerus, and Oil of Roses, and anointed therewith,  
cleanseth foul rotten Ulcers, and stayeth spreading or creep-  
ing Ulcers, and running Scabs or Sores in Childrens  
Heads ; and helpeth to stay falling of the Hair from off  
the Head. The said Ointment, or the Herb applied to  
the Fundament, openeth the Piles, and easeth their Pains ;  
and being mixed with Goats-Tallow, helpeth the Gout ;  
the Juice is very effectual to cleanse Fistula's, and to heal  
them up safely ; or the Herb it self bruised and applied  
with a little Salt. It is likewise so effectual to heal any green  
Wound,

*Old or dry Coughs, shortness  
of Breath, Stone and Gravel,  
Mother, Womens Courses,  
Obstructions, sore Throat,  
Teeth, Freckles, Wheals,  
Sun-burn, Morpew, Pains  
in the Ears, Imposthumes,  
Burnings, and Scaldings,  
Inflammations, Ulcers,  
Scabs, falling off the Hair,  
Piles, Gout, Fistula's, green  
Wounds, bruised Tendon  
or Muscle.*

Wound, that if it be bruised and bound thereto for three days, you shall need no other Medicine to heal it further. A Pultis made hereof with Mallows, and boiled in Wine, with Wheat-Bran and Bean-Flower, and some Oil put thereto, and applied warm to any bruised Sinew, Tendon, or Muscle, doth in a very short time restore them to their strength, taking away the Pains of the Bruises, and dissolveth the congealed Blood coming of Blows, or falls from high Places.

The Juice of Pellitory of the Wall clarified and boiled into a Syrup with Honey, and a spoonfull of it drunk every Morning by such as are subject to the Dropsie; if continuing that Course, though but once a Week, if ever they have the Dropsie, let them come but to me, and I will cure them *Gratis*.

### Penny-Royal.

**P**enny-Royal is so well known unto all, I mean the common kind, that it needeth no Description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into Gardens, and differeth not from it, but only in the largeness of the Leaves and Stalks, in rising higher, and not creeping upon the Ground so much. The Flowers whereof are purple, growing in Rundles about the Stalks like the other.

*Place.]* The first, which is common in Gardens, groweth also in many moist and watry places of this Land.

The second is found wild in *Effect* in divers places by the High-ways from London to Colchester, and thereabouts, more abundantly than in any other Countries, and is also planted in their Gardens in *Essex*.

*Time.]* They flower in the latter end of Summer, about August.

*Government and Vertues.]* The Herb is under *Venus*. Dioscorides saith, that Penny-Royal maketh thin tough Phlegm warmeth the coldness of any part whereto it is applied, and digesteth raw or corrupt Matter: Being boiled and drunk, it provoketh Womens Courses, and expelleth the dead Child and Afterbirth, and stayeth the Disposition

Tough Phlegm, Terms provokes, Dead Child, and After-birth, Vomiting, Melancholy, Venomous Beasts, Fainting and Swooning, Gums, Gout, Marks in the

o Vomit being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt, it avoideth Phlegm out of the Lungs, and purgeth Meancholly by the Stool. Drunk with Wine, it helpeth such as are bitten or stung with venomous Beasts, and applied to the Nostrils with Vinegar, reviveth those that are fainting and swooning. Being dried and burnt, it strengtheneth the Gums. It is helpful to those that are troubled with the Gout, being applied of it self to the place until it was red, and applied in a Plaister, it takes away Spots or Marks in the Face; applied with Salt, it profiteth those that are Splenetick or Liver-grown. The Decoction doth help the Itch, if washed therewith; being put into Baths for Women to sit therein, it helpeth the swelling and hardness of the Mother. The green Herb bruised and put into Vinegar, cleanseth foul Ulcers, and taketh away the Marks of Bruises and Blows about the Eyes, and all Discolourings of the Face by Fire, yea, and the Leprosy, being drunk and outwardly applied: Boiled in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold Grievs of the Joints, taking away the pains, and warmeth the cold part, being fast bound to the place after a bathing, or sweating in an Hot-house. *Pliny* addeth, that Penny-Royal and Mints together help Faintings and Swoonings, being put into Vinegar, and put into the Nostrils to be smell'd unto, or a little thereof put into the Mouth. It easeth the Head-aches, and the Pains of the Breast and Belly, stayeth the gnawing of the Stomach, and inward Pains of the Bowels: Being drank in Wine, it provoketh Womens Courses, and expelleth the dead Child, and After-birth: Being given in Wine, it helpeth the Falling-sickness: Put into unwholesome or stinking Water that Men must drink, (as at Sea, or where other cannot be had) it makes them the less hurtful: It helpeth Cramps or Convulsions of the Sinews, being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boiled in Milk and drunk, and for Ulcers and Sores in the Mouth. *Matthiolus* saith, The Decoction thereof being drunk, helpeth the Jaundice and

*Face, Tooth-ach, Pains in the Joints, Head-ach, Pains of the Belly, and Breast, Falling-sickness, Stinking Water, Cramps and Convulsions, sore Mouth, Jaundice, Dropsie, Pains of the Head and Eye-sight.*

Dropsie,

Dropſie, and all Pains of the Head and Sinews that come of a cold Cauſe; and that it helpeth to clear and quicken the Eye-ſight. Applied to the Noſtrils of thoſe that have the Falling-ſickneſs or the Lethargy, or put into the Mouth, it helpeth them much being bruifed, and with Vinegar applied. And applied with Barly-meal, it helpeth Burnings by Fire, and put into the Ears, eaſeth the Pains of them.

### Peony, Maſc. & Fæmin.

**Deſcript.]** **M**ale Peony riſeth up with many browniſh Stalks, whereon grow many fair green, and ſometimes reddiſh Leaves, one ſet againſt another, upon a Stalk without any particular Diſiſion in the Leaf at all. The Flower ſtand at the top of the Stalks, conſiſting of five or ſix broad Leaves of a fair purpliſh red colour, with many yellow threads in the middle ſtanding about the Head, which after riſeth up to be the Seed Veſſels, divided into two, three or four rough crooked Pods like Horns, which being full ripe, open and turn themſelves down on edge to another backward, ſhewing within them divers round black ſhining Seeds; having alſo many red or crimſon Grains, intermixed with Black, whereby it maketh a very pretty ſhew. The Roots are great, thick and long, ſpreading and running down reaſonable deep in the Ground.

The ordinary Female Peony hath many Stalks, and more Leaves on them than the Male; the Leaves not ſo large, but nicked diversly on the Edges, ſome with great and deep, other with ſmaller cuts and diſiſions, of a dark or dead green colour. The Flowers are of a ſtrong heady Scent, moſt uſually ſmaller, and of a more purple colour than the Male; with yellow Thrums about the Head as the Male hath. The Seed-Veſſels are like Horns as in the Male but ſmaller; the Seed alſo is black, but leſs ſhining. The Roots conſiſt of many thick and ſhort tuberous Clogs, faſten'd at the end of long ſtrings, and all from the Heads of the Root, which are thick and ſhort, and of the like ſcent with the Male.

**Place and Time.]** They grow in Gardens, and flower uſually about May.

**Government and Vertues.]** It is an Herb of the Sun, and under the Lion. Phyſicians ſay, Male-Peony Roots are beſt but Dr. Reaſon told me, Male-Peony was beſt for Men, and Female-Peony for Women, and he deſires to be judg'd by his Brother Dr. Experience. The Roots are held to be o

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more Vertue than the Seed ; next the Flowers, and last of all the Leaves. The Root of the Male-Peony, fresh gather'd, having been found by Experience to cure the Falling-sickness ; but the surest way *Falling-sickness* is ( besides hanging it about the Neck, by which Children have been cur'd ) to take the Root of the Male-Peony washed clean, and stamped somewhat small, and laid to infuse in Sack for 24 Hours at the least ; after strain it, and take it first and last, Morning and Evening, a good Draught for sundry Days together, before and after a Full Moon ; and this will also cure older Persons, if the Disease be not grown too old and past Cure, especially if there be a due and orderly preparation of the Body with Posset-drink made of Bittony, &c. The Root is also effectual for Women that are not sufficiently cleansed after Child-birth, and such as are troubled with the Mother ; for which likewise *Women not cleansed in the black Seed beaten to Powder, Child-birth, Mother, Ephialtes or the Night-mare,* and given in Wine, is also available. *Melancholick Dreams.* The black Seed also taken before Bed-time, and in the Morning, is very effectual for such as in their Sleep are troubled with the Disease called *Ephialtes* or *Incubus* ; but we do commonly call it the *Night-Mare*, a Disease which melancholy Persons are subject unto : It is also good against melancholy Dreams. The distilled Water or Syrup made of the Flowers, worketh the same Effects that the Root and Seed do, altho' more weakly. The Female is often used for the Purposes afore-said, by reason the Male is so scarce a Plant, that it is possessed by few, and those great Lovers of Rarities in this kind.

### Pepper-wort, or Dittander.

**Descript.]** OUR common Pepper-wort sendeth forth somewhat long and broad Leaves, of a light, bluish, greenish Colour, finely dented about the edges, and pointed at the ends, standing upon round hard Stalks, three or four Foot high, spreading many Branches on all sides, and having many small white Flowers at the tops of them ; after which follow small Seed in small heads. The Root is slender, running much under Ground, and shooting up again in many Places, and both Leaves and Roots are very hot and sharp of taste, like Pepper, for which cause it took the Name.

Place.]

*Place.*] It groweth naturally in many places of this Land, as at *Clare* in *Essex*; also near unto *Exeter* in *Devonshire*; upon *Rocheſter Common* in *Kent*; in *Lancaſhire*, and divers other Places; but uſually kept in Gardens.

*Time.*] It flowereth at the end of *June*, and in *July*.

*Government and Vertues.*] Here's another Martial Herb for you, make much of it. *Pliny* and *Paulus Aegineta* ſay That Pepper-wort is very ſucceſſful for the *Sciatica*, or any other Gout or Pain in the Joints

*Sciatica, Gout, Joints pained, Diſcolourings of the Skin, Marks and Scars by Burning, &c, Speedy Delivery.*

or any other inveterate Grief. The Leaves hereof to be bruised and mixed with old Hogs-greaſe and applied to the place, and to continue thereon four Hours in

Men, and two Hours in Women, the place being afterward bathed with Wine and Oil mixed together, and then wrapped with Wool or Skins after they have ſweat a little. It alſo amendeth the Deformities or Diſcolourings of the Skin, and helpeth to take away Marks, Scars and Scabs, or the ſore Marks of burning with Fire or Iron. The Juice hereof is ſometimes uſ'd to be given in Ale to drink to Women with Child to procure them a ſpeedy Delivery in Travel.

### Perwinkle.

*Deſcript.*] **T**HE common ſort hereof hath many Branches trailing or running upon the Ground, ſhooting out ſmall Fibres at the Joints as it runneth, taking thereby hold in the Ground, and rooteth in divers places. At the Joints theſe Branches ſtand two ſmall, dark green, ſhining Leaves, ſomewhat like Bay-leaves, but ſmaller, and with them come forth alſo the Flowers (one at a Joint, ſtanding upon a tender Foot ſtalk) being ſomewhat long and hollow, parted at the Brims ſometimes into four, ſometimes into five Leaves: The moſt ordinary ſort are of a pale blue colour; ſome are pure white, and ſome a dark reddiſh purple colour. The Root is little bigger than Ruſh, buſhing in the Ground, and creeping with his Branches far about, whereby it quickly poſſeſſeth a great Compaſs, and is therefore moſt uſually planted under Hedges, where it may have room to run.

*Place.*] Thoſe with the pale blue, and thoſe with the white Flowers, grow in Woods, and Orchards, by the Hedges

edge-sides, in divers places of this Land ; but those with  
the purple Flowers in Gardens only.

Time.] They flower in March and April.

Temperature and Vertues.] Venus owns this Herb, and saith,  
that the Leaves eaten by Man and  
Wife together, cause Love between  
them. The Perwinkle is a great  
Rinder, stayeth Bleeding both at  
Mouth and Nose, if some of the Leaves be chewed. The  
French use it to stay Womens Courses, Dioscorides, Galen, and  
Egineta, commend it against the Lasks, and Fluxes of the  
Belly, to be drunk in Wine.

### St. Peter's-Wort.

[ If Superstition had not been the Father of Tradition, as  
well as Ignorance the Mother of Devotion, this Herb  
(as well as St. John's-Wort) had found some other Name to  
be known by ; but we may say of our Forefathers, as  
St. Paul of the Athenians, I perceive that in many things you  
are too superstitious. Yet seeing it is come to pass, That  
Custom having got in Possession, pleads Prescription for the  
Name ; I shall let it pass, and come to the Description of the  
Herb, which take as followeth.

Descript.] It riseth up with square upright Stalks for the most  
part, somewhat greater and higher than St. John's-Wort, (and  
good Reason too, St. Peter being the greater Apostle, (ask the Pope  
else) ; for tho' God would have the Saints equal, the Pope is of  
another Opinion) but brown in the same manner, having two  
Leaves at every Joint, somewhat like, but larger than St John's-  
Wort, and a little rounder-pointed, with few or no holes to be seen  
therein, and having sometimes some smaller Leaves rising from the  
Bosom of the greater, and sometimes a little hairy also. At the  
tops of two stalks stand many Star-like Flowers, with yellow  
Threads in the middle, very like those of St. John's-Wort, inso-  
much that this is hardly discerned from it, but only by the large-  
ness and height, the Seed being alike also in both. The Root  
abideth long, sending forth new Shoots every Year.

Place.] It groweth in many Groves and small low Woods,  
in divers Places of this Land, as in Kent, Huntingdon, Cam-  
bridge, and Northamptonshire ; as also near Water-courses in  
other places.

*Time.*] It flowereth in June and July, and the Seed is ripe in August.

*Government and Vertues*] There is not a Straw to chuse between this and *St. John's-Wort*, only *St. Peter* must have it, lest he should want Pot-herbs: It is of the same Property of *St. John's Wort*, but somewhat weak, and therefore more seldom used.

*Cholerick Humours, Sciatica, Burnings.* Two Drams of the Seed taken at a time in Honied Water, purgeth Cholerick Humours, (as saith *Dioscorides, Pliny, and Galen*)

and thereby helpeth those that are troubled with the *Sciatica*. The Leaves are used as *St. John's-Wort*, to help those Places of the Body that have been burnt with Fire.

## Pimpernel.

*Descript.*] **C**ommon Pimpernel hath divers, weak, square Stalks lying only on the Ground, beset all with two small and almost round Leaves at every Joint, one against another, very like Chickweed, but hath no Foot-stalks; for the Leaves, as it were, compass the Stalks: The Flowers stand singly each by themselves at them and the Stalks, consisting of five small round-pointed Leaves, of a palered colour, tending to an Outrage, with so many Threads in the middle, in whose places succeed smooth round Heads, wherein is contained small Seed. The Root is small and fibrous, perishing every Year.

*Place.*] It groweth every where almost, as well in the Meadows and Corn-fields, as by the Way-sides, and in Gardens arising of itself.

*Time.*] It flowereth from May until August, and the Seed ripeneth in the mean time, and falleth.

*Government and Vertues.*] It is a gallant Solar Herb. This is of a cleansing attractive quality, whereby it draweth forth Thorns


or Splinters, or other such-like things gotten into the Flesh; and put up into the Nostrils, purgeth the Head; and *Galen* saith also, they have a drying Faculty, whereby they are good to foder the Lips of Wounds, and to cleanse foul Ulcers. The distilled Water or Juice is much esteemed by French Dames to

to cleanse the Skin from any Roughness, Deformity, or Discolourings thereof; being boiled in Wine, and given to drink, it is a good Remedy against the Plague and other Pestilential Fevers, if the Party after taking it lie warm in his Bed, and sweat for two Hours after, and

*Venomous Beasts, mad Dogs, Biting, Obstructions, Urine, Stone and Gravel, Wounds and Ulcers, Clouds, or Mists in the Eyes, Tooth-ach, Hemorrhoids.*

use the same for twice at least. It helpeth also all Stingings and Bitings of venomous Beasts or mad Dogs, being used inwardly and applied outwardly. The same also openeth Obstructions of the Liver, and is very available against the Infirmities of the Reins: It provoketh Urine, and helpeth to expel the Stone and Gravel out of the Kidneys and Bladder, and helpeth much in all inward Pains and Ulcers. The Decoction, or distilled Water, is no less effectual to be applied to all Wounds that are fresh and green, or old filthy fretting and runing Ulcers, which it very effectually cureth in a short space. A little mix'd with the Juice and dropped into the Eyes, cleanseth them from cloudy Mists, or thick Films which grow over them and hinder the Sight. It helpeth the Tooth-ach, being dropped into the Ear on the contrary Side of the Pain. It is also effectual to ease the Pains of the Hemorrhoids or Piles.

### Ground-Pine, or Chamepitys.

**Descript.]**  *OUR common Ground-pine groweth low, seldom rising above an Hand's-breadth high, shooting forth divers small Branches set with slender small, long, narrow, greyish or whitish Leaves, somewhat hairy, and divided into three parts, many tiems many bushing together at a Joint, and sometimes some growing scatteredly upon the Stalks, smelling somewhat strong, like unto Rosin: The Flowers are somewhat small, and of a pale, yellow colour, growing from the Joints of the Stalk all along among the Leaves; after which come small and round Husks. The Root is small and woody, perishing every Year.*

**Place.]** It groweth more plentifully in Kent than any other Conuntry of this Land, as namely in many Places on this Side Dartford along to Southfleet, Chatham and Rochester, and upon Chatham Down, hard by the Beacon, and half a Mile from Rochester, in a Field nigh a House call'd Selesey.

**Time.]** It flowereth and giveth Seed in the Summer Months.

*Government and Vertues*] Mars owns the Herb. The Decoction of Ground-Pine drunk, doth wonderfully prevail against the Strangury, or any inward Pains arising from the Diseases of the Reins and Urine, and is especial good for all Obstructions of the Liver and Spleen, and

gently openeth the Body; for which purpose they were wont in former Times to make Pills with the Powder thereof, and the Purple-Figs. It marvelously helpeth all the Diseases of the Mother used inwardly, or applied outwardly, procuring Womens Courses, and expelling the dead Child, and After-birth; yea it is so powerful upon those Feminine Parts, that it is utterly forbidden for Women with Child, and that it will cause Abortment or Delivery before the Time. It is effectual also in all Pains and Diseases of the

Gouts, Cramps, Palsies, Sciatica, Aches, &c. Dropisie, Poyson of the Aconites, Venomous Creatures, Cold, Cough, Palsie, hard Breast, and hard Swellings, Ulcers, old Sores, and Green Wounds.

Joints, as Gouts, Cramps, Palsies, Sciatica and Aches. Either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both, for some time together, for which purpose the Pills made with Powder of Ground-Pine, and of Hermodactyls with Venice-Turpentine are very effectual. The

Pills also are special good for those that have the Dropisie, to be continued for some time. The same is a special good help for the Jaundice, and for griping Pains of the Joints, Belly, or inward Parts. It helpeth also all Diseases of the Brain, proceeding of cold and phlegmatick Humours and Distillations, as also for the Falling-sickness. It is a special Remedy for the Poison of the Aconites of all sorts, and other poysonful Herbs, as also against the stinging of any venomous Creature. It is a good Remedy for a cold Cough, especially in the beginning. For all the purposes aforesaid, the Herb being tunn'd up in new Drink, and drunk, is almost as effectual, but far more acceptable to weak and dainty Stomachs. The distilled Water of the Herb hath the Effects, but more weakly. The Conserve of the Flowers doth the like, which *Matthiolus* much commendeth against the Palsie. The green Herb, or the Decoction thereof being applied, dissolveth the hardness of Womens Breasts

and

and all other hard Swellings in any other part of the Body. The green Herb also applied, or the Juice thereof with some Honey, not only cleanseth putrid, stinking, foul, and malignant Ulcers and Sores of all sorts, but healeth and sodereth up the Lips of green Wounds in any part also.

Let Women forbear, if they be with Child, for it works violently upon the Feminine part.

## Plantane.

**T**His groweth usually in Meadows and Fields, and by Path-ways, and is so well known, that it needeth no Description.

*Time.*] It is in its Beauty about June, and the Seed ripeneth shortly after.

*Government and Vertues.*] It's true, *Mixaldus* and others, yea, almost all Astrologo-Physicians hold this to be an Herb of *Mars*, and they give a Verisimile of a Truth for it too. viz. because it cures the Diseases of the Head, and Privities, which are under the Houses of *Mars*, *Aries* and *Scorpio*. All Diseases of the Head coming of Heat, are caus'd by *Mars*; for *Venus* is made of no such hot Metal, or at least deals in inferior Parts. The Truth is, it is under the Command of *Venus*, and cures the Heat by Antipathy to *Mars*, and the Privities by Sympathy to *Venus*; Neither is there hardly a martial Disease but it cures. If I were to fortify my Body against a martial Disease, I would do it by this Herb as soon as by any, and may do it (it may be) when time shall serve.

The Juice of Plantane clarified and drunk for divers Days together, either of itself, or in other Drink, prevailets wonderfully against all Torments or Excoriations in the Guts or Bowels, helpeth the Distillations of Rheum from the Head, and stayeth all manner of Fluxes, even Womens Courses, when they flow too abundantly. It is good to stay spitting of Blood and other Bleedings at the Mouth, or the making of foul and bloody Water, by reason of any Ulcer in the Reins or Bladder, and also stayeth the too free bleeding of Wounds.

*Pains in the Guts, Distillations of Rheum, Fluxes, and Womens Courses, spitting Blood, or bleeding at Mouth or Nose, or of Wounds, Ptytick, Consumption or Ulcers in the Lungs, Tertian Ague, Dropsie and Falling-sickness, Tooth-ach, Pin and Web in the Ey,*

*Pains in the Ears, Inflammations, Burning or Scalding, hollow Ulcers, Cankers, and sere Mouth, or Privy Parts, Piles, Pains of the Head, Lunacy and Frenzy, Biting of Serpents, or mad Dogs, hot Gouts, Bones out of joint, Worms in the Belly, or in Ulcers, Scabs, and Itch, Tetters, Ring-worms, Shingles and fretting Sores, Wounds.*

It is held an especial Remedy for those that are troubled with the Ptytick, or Consumption of the Lungs, or Ulcers of the Lungs, or Coughs that come of Heat. The Decoction or Powder of the Roots or Seeds, is much more binding for all the Purposes aforesaid than the Leaves. *Dioscorides* saith, that three Roots boiled in Wine and taken, helpeth the *Tertian* Ague, and four the *Quartan* Ague; (but letting pass the Number as fabulous) I conceive the Decoction of divers

Roots may be effectual. The Herb (but especially the Seed) is held to be profitable against the Dropsy, the Falling-sickness, the Yellow-jaundice, and Stoppings of the Liver and Reins. The Roots of Plantane and Pellitory of Spain, beaten to Powder and put into the hollow Tooth, taketh away the Pains of them. The clarified Juice or distilled Water dropped into the Eyes, cooleth the Inflammations in them, and taketh away the Pin and Web; and dropped into the Ears, easeth Pains in them, and helpeth and restoreth the Hearing. The same also with the Juice of Houfleeck is profitable against all Inflammations and Breakings out of the Skin, and against Burnings and Scaldings by Fire or Water. The Juice or Decoction made either of itself, or other things of like nature, is of much use and good effect for old and hollow Ulcers that are hard to be cured, and for Cankers and Sores in the Mouth or Privy Parts of Man or Woman; and helpeth also the Pains of the Piles in the Fundament. The Juice mix'd with Oil of Roses, and the Temples and Forehead anointed therewith, easeth the Pains of the Head proceeding from Heat, and helpeth Lunatick and Phrensetick Persons very much; as also the biting of Serpents, or a mad Dog. The same also is profitably applied to all hot Gouts in the Feet or Hands, especially in the beginning. It is also good to be applied where any Bone is out of joint, to hinder Inflammations, Swellings, and Pains that presently rise thereupon. The Powder of the dried Leaves taken in Drink, killeth Worms of the Belly; and boiled in Wine, killeth Worms that breed in old

old and foul Ulcers. One part of Plantane Water, and two parts of the Brine of Powder'd Beef, boiled together and clarified, is a most sure Remedy to heal all spreading Scabs or Itch in the Head or Body, all manner of Tetters, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are singular good Wound-Herbs to heal fresh or old Wounds or Sores, either inward or outward.

## Plums.

**T**Hese are so well known, that they need no Description.

*Government and Vertues.*] All Plums are under *Venus*, and are like Women, some better some worse. As there is great Diversity of the Kinds, so there is in the Operation of Plums; for some that are sweet moisten the Stomach, and make the Belly soluble; those that are sower quench thirst more, and bind the Belly; the moist and waterish do sooner corrupt in the Stomach, but the firm do nourish more and offend less. The dried Fruit sold by the Grocers under the Name of *Damask Prunes*, do somewhat loosen the Belly, and being stewed, are often used both in health and sickness, to relish the Mouth and Stomach, to procure Appetite, and a little to open the Body, allay Choler, and cool the Stomach. Plum-tree Leaves boiled in Wine, are good to wash and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, or Almonds of the Ears. The Gum of the Tree is good to break the Stone. The Gum or Leaves boiled in Vinegar and applied, kills Tetters and Ring-worms. *Martiolus* saith, The Oil pressed out of the Kernels of the Stones, as Oil of Almonds is made, is good against the inflamed Piles, the Tumours, or Swellings of Ulcers, Hoarsness of the Voice, Roughness of the Tongue and Throat, and likewise the Pains in the Ears. And that five Ounces of the said Oil taken with one Ounce of Muskadel, drieth forth the Stone, and helpeth the Cholick.

*Open the Belly, quench Thirst, and bind the Belly, procure Appetite, Allay Choler, cool the Stomach, Rheum, Stone, Tetters and Ring-worms, Piles, Ulcers Hoarsness and Pains in the Ears, Stone and Cholick.*

## Polipody of the Oak.

**Descript.]** **T**his is a small herb, consisting of nothing but roots and leaves, bearing neither stalk, flower, nor seed, as it is thought. It hath three or four Leaves rising from the root, every one single by itself, of about a hand length, are winged, consisting of many small narrow Leaves cut into the middle rib, standing on each side of the stalk, large below, and smaller up to the top, not dented nor notched on the edges at all, as the male fern hath, of a sad green colour, and smooth on the upper side, but on the under side somewhat rough by reason of some yellowish spots set thereon. The root is smaller than ones little finger, lying aslope, or creeping along under the upper crust of the Earth, brownish on the outside, and greenish within, of a sweetish harshness in taste, set with certain rough knags on each side thereof, having also much mossiness or yellow hairiness upon it, and some fibres underneath it, whereby it is nourished.

**Place.]** It groweth as well upon old rotten stumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud walls, as also in Mossy, Stony, and Gravelly Places near unto Woods. That which grows upon Oak is accounted the best; but the quantity thereof is scarce sufficient for the common use.

**Time.]** It being always green, may be gathered for use at any time.

**Government and Vertues.]** And why, I pray, must Polipodium of the Oak only be used? Gentle College of Physicians, can you give me but a glimpse of Reason for it? It is only because it is dearest. Will you never leave your Covetousness till your Lives leave you? The Truth is, that which grows upon the Earth is best ('tis an Herb of Saturn, and he seldom climbs Trees) to purge Melancholy; if the Humour be otherwise, chuse you Polipodium accordingly.

**Meuse** (who is called the Physicians Evangelist for the certainty of his Medicines, and the truth of his Opinion) saith, That it drieth up thin Humours, digesteth thick and tough, and purgeth burnt Choler, and especially tough and thick  
*Drieth Hamours, Purgeth burnt Choler, Phlegm, Melancholy, Quartan Agues, Spleen, Cholick, troublesome Sleep, Cough, shortness of Breath, Wheezings, Lungs,*

Phlegm,

Phlegm, and thin Phlegm also, even from the Joints; and therefore good for those that are troubled with Melancholy, or Quartan Agues, especially if it be taken in Whey or Honeyed-water, or in Barley-water, or the Broth of a Chicken with Epithimum or with Beets and Mallows. It is good for the hardness of the Spleen, and for Prickings or Stitches in the Sides, as also for the Cholick: Some use to put to it some Fennel-seeds or Annis-seeds, or Ginger, to correct that loathing it bringeth to the Stomach, which is more than needeth, it being a safe and gentle Medicine, fit for all Persons, which daily Experience confirmeth; and an Ounce of it may be given at a time in a Decoction, if there be not Sena or some other strong Purger put with it. A Dram or two of the Powder of the dried Roots taken fasting in a Cup of Honeyed-water, worketh gently, and for the purposes aforesaid. The distilled Water both of Roots and Leaves is much commended for the Quartan Ague, to be taken for many Days together, as also against Melancholy, or fearful or troublesome Sleeps or Dreams; and with some Sugar-candy dissolved therein is good against the Cough, shortness of Breath, and Wheezings, and those Distillations of thin Rheum upon the Lungs, which cause Ptisicks, and oftentimes Consumptions. The fresh Roots beaten small, or the Powder of the dried Roots mix'd with Honey, and applied to the Member that is out of joint, doth much help it; and applied also to the Nose, cureth the Disease call'd Polypus, which is a piece of Flesh growing therein, which in time stoppeth the Passage of Breath through that Nostril; and it helpeth those Clefts or Chops that come between the Fingers or Toes.

### The Poplar-Tree.

There are two sorts of *Poplars* which are most familiar with us, viz. the *Black* and *White*, both which I shall here describe unto you.

Descript.] The *White Poplar* groweth great, and reasonable high, covered with a thick, smooth, white Bark, especially the Branches, having large Leaves cut into several Divisions almost like a *Vine-leaf*, but not of so deep a green on the upper side, and

hoary white underneath, of a reasonable good Scent. The whole Form representing the Form of Colts-foot. The Catkins which it bringeth forth before the Leaves, are long, and of a faint reddish Colour, which fall away, bearing seldom good Seed with them. The Wood hereof is smooth, soft, and white, very finely waved, whereby it is much esteemed.

The Black Poplar groweth higher and straighter than the White, with a greyish Bark, bearing broad and green Leaves, somewhat like Ivy-leaves, not cut in on the Edges like the White, but whole and dented, ending in a Point, and not white underneath, hanging by slender long Foot-stalks, which with the Air are continually shaken like as the Aspin-leaves are. The Catkins hereof are greater than those of the White, composed of many round green Berries, as if they were set together in a long cluster, containing much downy Matter, which being ripe, is blown away with the Wind. The clammy Buds hereof, before they spread into Leaves, are gathered to make the Unguentum Populeon, and are of a yellowish green colour, and small, somewhat sweet, but strong. The Wood is smooth, tough, and white, and easie to be cloven: On both these Trees groweth a sweet kind of Musk, which in former Times was used to be put into sweet Ointments.

Place.] They grow in moist Woods and by Water-sides in sundry Places of this Land; yet the White is not so frequent as the other.

Time.] Their Time is likewise expressed before: The Catkins coming forth before the Leaves in the end of Summer.

Government and Vertues.] Saturn hath Dominion over both. White Poplar, saith Galen, is of a cleansing Property: The

Sciatica, Strangury, Pain in the Ears, dull Sight, Gout, Falling-Sickness, Warts, Pusles & Wheals, Heat & Inflammations, drieth Womens Milk.

Weight of one Ounce in Powder of the Bark thereof being drunk, saith Dioscorides, is a Remedy for those that are troubled with the Sciatica, or the Strangury. The Juice of the Leaves dropped warm into the Ears, easeth the Pains in them. The

young clammy Buds or Eyes, before they break out into Leaves, bruised, and a little Honey put to them, is a good Medicine for a dull Sight. The Black Poplar is held to be more cooling than the White, and therefore the Leaves bruised with Vinegar, and applied, help the Gout. The Seed drunk in Vinegar, is held good

against

against the Falling-Sickness. The Water that droppeth from the hollow Places of this Tree, taketh away Warts, Pusles, Weals, and other the like Breakings out of the Body. The young *Black Poplar* Buds, saith *Matthiolus*, are much used by Women to beautify their Hair, bruising them with fresh Butter, straining them after they have been kept for some time in the Sun. The Ointment called *Populeon*, which is much of this Poplar, is singular for all Heat and Inflammation in any part of the Body, and tempereth the Heat of Wounds. It is much used to dry up the Milk in Womens Breasts, when they have weaned their Children.

### Poppy.

**O**F this I shall describe three kinds, viz. The white and black of the Garden, and the Erratick Wild-Poppy or Corn-Rose.

**Descript.]** *The White-Poppy* hath at first four or five whitish green Leaves lying upon the Ground, which rise with the Stalk, compassing it at the bottom of them, and are very large, much cut or torn on the Edges, and dented also besides: The Stalk, which is usually four or five foot high, hath sometimes no Branches at the top, and usually but two or three at most, bearing every one but one Head wrapped up in a thin Skin, which boweth down before it be ready to blow, and then rising, and being broken, the Flower within it spreading it self open, and consisting of four very large, white, round Leaves, with many whitish, round Threads in the middle, set about a small, round, green Head, having a Crown, or Star-like Cover at the Head thereof, which growing ripe, become as large as a great Apple, wherein are contain'd a great number of small round Seeds in several Partitions or Divisions next unto the Shell, the middle thereof remaining hollow and empty. As the whole Plant, both Leaves, Stalks and Heads, while they are fresh, young and green, yield a Milk when they are broken, of an unpleasant bitter Taste, almost ready to provoke casting, and of a strong heady Smell, which being condensate, is call'd Opium. The Root is white and woody, perishing as soon as it hath given ripe Seed.

*The Black-Poppy* little differeth from the former, until it beareth its Flower, which is somewhat less, and of a black purplish colour, but without any purple Spots in the bottom of the Leaf. The Head of the Seed is much less than the former, and openeth itself a little round about the top, under the Crown, so that the Seed, which is very black, will fall out, if one turn the Head thereof downward.

*The Wild-Poppy, or Corn-Rose*, hath long and narrow Leaves very much cut in on the Edges into many Divisions, of a light green colour, sometimes hairy withal: The Stalk is blackish and hairy also, but not so tall as the Garden-kind, having some such like Leaves thereon as grow below, parted into three or four Branches sometimes, whereon grow small hairy Heads bowing down before the Skin break, wherein the Flower is inclos'd; which when it is full blown open, is of a fair yellowish red or crimson colour, and in some much paler, without any spot in the bottom of the Leaves, having many black soft Threads in the middle, compassing a small green Head, which when it is ripe, is not bigger than ones little Finger's end, wherein is contained much black Seed, smaller by half than that of the Garden. The Root perisheth every Year, and springeth again of its own sowing. Of this kind there is one lesser in all the Parts thereof, and differeth in nothing else.

*Place.]* The Garden Kinds do not naturally grow wild in any Place, but are all sown in Gardens where they grow.

The *Wild-Poppy, or Corn-Rose*, is plentiful enough, and many times too much in the Corn-fields of all Counties through this Land, and also upon Ditch-banks, and by Hedge-sides. The smaller wild Kind is also found in Corn-fields, and also in some other places, but not so plentifully as the former.

*Time.]* The Garden Kinds are usually sown in the Spring, which then flower about the end of May, and somewhat earlier, if they spring of their own sowing.

The wild Kinds flower usually from May until July, and the Seed of them is ripe soon after the flowering.

*Government and Vertues.*] The Herb is *Lunar*, and of the juice of it is made Opium, only for lucre of Money they cheat you, and tell you 'tis a kind of Tear, or some such like thing, that drops from Poppies when they weep, and that is somewhere beyond the Seas, I know not where beyond the Moon. The Garden Poppy-heads, with Seeds made into a Syrup, is frequently, and to good effect, used to procure Rest, and Sleep in the Sick and Weak, and to stay Catarrhs and Defluxions of thin Rheums from the Head into the Stomach, and upon the

*Procure Sleep, Catarrhs and defluxions of rheum, stayeth Hoarseness, flux of the Belly, and Womens Courses, Inflammations, and St. Anthony's Fire, Pains in the Head, Frenzies, Tooth-ack.*

Lungs, causing a continual Cough, the fore-runner of a Consumption: it helpeth also hoarseness of the Throat, and when one hath lost their Voice, which the Oil of the Seed doth likewise. The black-Seed boiled in Wine and drunk, is said also to stay the flux of the Belly, and Womens Courses. The empty Shells, or the Poppy-heads, are usually boiled in Water, and given to procure Rest and Sleep; so do the Leaves in the same manner; as also if the Head and Temples be bathed with the Decoction warm, or with the Oil of Poppies, the green Leaves or Heads bruised and applied with a little Vinegar, or made into a Pultis with Barly-meal, or Hogs grease, cooleth and tempereth all Inflammations, as also the Disease called *St. Anthony's Fire*. It is generally used in Treacle and Mithridate, and in all other Medicines that are made to procure Rest and Sleep, and to ease Pains in the Head as well as in other parts. It is also used to cool Inflammations, Agues, or Frenzies, or to stay Defluxions, which cause a Cough or Consumption, and also other Fluxes of the Belly, or Womens Courses; It is also put into Hollow Teeth to ease the Pain, and hath been found by experience to ease the Pain of the Gout.

The Wild-Poppy or Corn-Rose (as *Matthiol* saith) is good to prevent the Falling-sickness. The Syrup made with the Flower, is with good effect given to those that have the Pleurisie;

*Falling-sickness, Pleurisie, Surfeits, Agues, and Inflammations.*

and the dried Flowers also, either boiled in Water, or made into Powder and drunk, either in the distilled Water of them, or some other Drink, worketh the like effect. The Distilled Water of the Flowers, is held to be of much good use against Surfeits, being drunk Evening and Morning: It is also more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Frenzies, and other Inflammations either inward or outward; the Syrup or Water to be used therein, or the green Leaves used outwardly either in an Ointment, as it is in *Populeon*, a cooling Ointment, or any other ways applied. *Galen* saith, The Seed is dangerous to be used inwardly.

### Purflane.

**G**arden Purflane (being used as a Sallad Herb) is so well known, that it needeth no Description; I shall therefore only speak of its Vertues as followeth.

*Government and Vertues.*

*Cooleth heat of Blood in hot Agues, cholerick Fluxes, Womens Courses, the Whites and Gonorrhoea, distillations Frenzie, heat of Urine, Lust, and venereous Dreams, Worms, Vomitting, old dry Cough, short Breath and Prissick, Ulcers in the secret Parts, redness of the Eyes, and Inflammations, Crick or pain in the Neck, Blasting by Lightning, burnings by Gunpowder, sore Breasts, Childrens Navels, sore Mouth, and swollen Gums, fastneth Teeth, Tooth-ach, Blood, Urine, Gout, Cramp, and Stifness of the Sinews.*

'Tis an Herb of the Moon. It is good to cool any heat in the Liver, Blood, Reins and Stomach, and in hot Agues nothing better: It stayeth hot and Cholerick Fluxes of the Belly, Womens Courses, the Whites, and Gonorrhoea, or Running of the Reins, the Distillation from the Head, and Pains therein proceeding of Heat, want of Sleep, or the Frenzie. The Seed is more effectual than the Herb, and is of singular good use to cool the heat and sharpness of Urine, and the outrageous Lust of the Body, Venereous Dreams, and the like, insomuch that the over frequent use hereof, extinguisheth the Heat and Vertue of Natural Procreation. The Seed bruised and boiled in Wine and given to Children, expelleth the Worms. The Juice

of the Herb is held as effectual to all the Purposes aforesaid, as also to stay Vomitings, and taken with some Sugar

gar or Honey, helpeth an old and dry Cough, shortness of Breath, and the Ptisick, and stayeth immoderate Thirst. The distilled Water of the Herb is used by many (as the more pleasing) with a little Sugar to work the same effects. The Juice also is singular good in the Inflammations and Ulcers in the Secret Parts in Man or Woman, as also the Bowels and Hemorrhoids, when they are ulcerous, or Excoriations in them: The Herb bruised and applied to the Forehead and Temples, allays excessive Heat therein, hindering Rest and Sleep; and applied to the Eyes, taketh away the Redness and Inflammation in them and those other Parts where Pusles, Wheals, Pimples, St. *Anthony's* Fire, and the like, break forth; especially if a little Vinegar be put to it; and being laid to the Neck with as much of Galls and Linseed together, taketh away the Pains therein, and the Crick in the Neck. The Juice is used with Oil of Roses for the said Causes, or for blastings by Lightning, and burnings by Gunpowder, or for Womens sore Breasts, and to allay the Heat in all other Sores or Hurts; applied also to the Navels of Children that stick forth, it helpeth them; it is also good for sore Mouths and Gums that are swollen, to fasten loose Teeth. *Camerarius* saith, That the distilled Water used by some, took away the pain of their Teeth, when all other Remedies failed, and the Thickned Juice made in Pills with the Powder of Gum-Tragacanth and Araback, being taken, prevaileth much to help those that make a bloody Water. Applied to the Gout, it easeth pains thereof, and helpeth the hardness of the Sinews, if it come not of the Cramp, or a cold Cause.

### Prim-Roses.

**T**HEY are so well known, that they need no Description. Of the Leaves of Prim-Roses is made as fine a Salve to heal Wounds as any that I know; you shall be taught to make Salves of any Herb at the latter end of the Book; make this as you are taught there, and do not (you that have any Ingenuity in you) see your poor Neighbours go with wounded Limbs, when an half-penny cost will heal them.

## Privet.

**Description.]** **O**UR common Privet is carried up with many slender Branches to a reasonable height and breadth, to cover Arbours, Bowers, and Banqueting-Houses, and brought, wrought, and cut into many Forms of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of itself. It beareth long and narrow green Leaves by the couples, and sweet-smelling white Flowers in Tufts at the end of the Branches, which turn into small Black Berries that have a purplish Juice with them, and some Seed that are flat on the one side, with a hole or dent therein.

**Place.]** It groweth in this Land in divers Woods.

**Time.]** Our Privet flowereth in June and July, the Berries are ripe in August and September.

**Government and Vertues.]** The Moon is Lady of this. It is little used in Physick with us in these times, more than in Lotions, to wash Sores and sore Mouths, and to cool Inflammations, and dry up Fluxes. Yet Matthiolus saith, it serveth to all the uses for the which Cypres or the East Privet is appointed by Dioscorides and Galen. He further saith, That the Oil that is made of

the Flowers of Privet infused therein, and set in the Sun, is singular good for the Inflammations of Wounds, and for the Head-ach coming of an hot Cause. There is a sweet-Water also distilled from the Flowers, that is good for all those Diseases that need cooling and drying, and therefore helpeth all Fluxes of the Belly or Stomach, Bloody-Fluxes, and Womens Courses, being either drunk or applied; as all those that void Blood at the Mouth, or any other place, and for distillations of Rheum in the Eyes, especially if it be used with Tucia.

### Queen of the Meadows, Meadow-Sweet, or Mead-Sweet.

**Description.]** **T**HE Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having

having at the Joints thereof large winged Leaves, standing one above another at distances, consisting of many, and somewhat broad Leaves, set on each side of a Middle Rib, being hard, rough or rugged, crumpled, much like unto Elm-leaves, having also some smaller Leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and greyish underneath, of a preety sharp scent and taste, somewhat like unto Burnet: and a Leaf beereof put into a Cup of Claret-wine, giveth also a fine relish to it At the tops of the Stalks and Branches stand many Tufts of small white Flowers thrust thick together, which smell much sweeter than the Leaves; and in their places, being fallen, some crooked and cornered Seed. The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers greater Strings, and lesser Fibres set thereat, of a strong scent; but nothing so pleasant as the Flowers and Leaves, and perisheth not, but abideth many years, shooting forth anew every Spring.

*Place.*] It groweth in moist Meadows that lie much wet, or near the Courses of Water.

*Time.*] It flowereth in some places or another all the three Summer Months, that is, June and July and August, and the Seed is ripe soon after.

*Government and Vertues.*] Venus claims Dominion over the Herb. It is used to stay all manner of Bleedings, Fluxes, Vomitings, and Womens Courses, as also their Whites: It is said to alter and take away the Fits of Quartan Agues, and to make a merry Heart, for which purpose some use the Flowers, and some the Leaves. It helpeth speedily those that are troubled with the Cholick; being boiled in Wine, and with a little Honey taken Warm, it openeth the Belly, but boiled in Red-wine and drunk, it stayeth the Flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cankerous or eaten, or hollow and fistulous, for which it is by many much commended, as also for the Sores in the Mouth or Secret Parts. The Leaves, when they are full grown, being laid upon the Skin, will in a short time raise Blisters thereon, as *Tragus* saith. The Water thereof helpeth the Heat and Inflammation in the Eyes.

*Bleeding, Fluxes, Vomitings, Womens Courses, & Whites, Quartan Agues, Cholick, opens the Belly, Old Ulcers, healeth sore Mouths or Secrets, raises Blisters, Inflammations in the Eyes.*

## The Quince-Tree.

**Descript.]** **T**HE ordinary Quince-Tree groweth often to the height and bigness of a reasonable Apple-Tree, but more usually lower and crooked, with a rough Bark, spreading Arms and Branches far abroad. The Leaves are somewhat like those of the Apple-Tree, but thicker, broader, and fuller of Veins, and whiter on the under-side, not dented at all about the edges. The Flowers are large and white, sometimes dashed over with a blush. The Fruit that followeth is yellow, being near ripe, and covered with a white Freeze or Cotton; thick set on the younger, and growing less as they grow to be through ripe, bunched out oftentimes in some places, some being like an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sowre, harsh, and of an unpleasant tast to eat fresh; but being scalded, roasted, baked, or preserved, becometh more pleasant.

**Place and Time.]** It best likes to grow near Ponds and Water sides, and is frequent through this Land; and flowereth not until the Leaves be come forth. The fruit is ripe in September or October.

**Government and Vertues.]** Old Saturn owns the Tree. Quinces when they are green, help all sorts of Fluxes in Man or Woman, and Cholerick  
*Fluxes, Lasks, &c. Provoketh Appetite, stayeth, Vomiting, Fainting, Spirits, Choler, Flegm, Poyson, Womens Breasts, Plaguesores, Preserveth Hair.*  
 Lasks, Casting, and whatever needeth astringtion, more than any way prepared by Fire; yet the Syrup of the Juice or the Conserve, are much conducible, much of the binding quality being consumed

by the Fire, if a little Vinegar be added, stirreth up the languishing Appetite, and the Stomach given to Casting; some Spices being added, comforteth and strengtheneth the decayed and fainting Spirits, and helpeth the Liver oppressed, that it cannot perfect the digestion, or correcteth Choler and Flegm. If you would have them purging, put Honey to them instead of Sugar; and if more Laxative, for Choler, Rhubarb; for Flegm, Turbith; for watry Humours, Scammony; but if more forcibly to bind, use the unripe Quinces, with Roses and Acacia, Hypocistis, and some terrified Rhubarb. To take the crude juice of Quinces, is held a preservative against the force of deadly Poyson; for it hath been found most certainly true, That the very smell  
 of

of a Quince hath taken away all the strength of the Poyson of White Helebore. If there be need of any outward binding and cooling of hot Fluxes, the Oil of Quinces, or other Medicines that may be made thereof, are very available to anoint the Belly, or other parts therewith; it likewise strengtheneth the Stomach and Belly, and the Sinews that are loosened by sharp Humours falling on them, and restraineth immoderate Sweatings. The Mucilage taken from the Seeds of Quinces and boiled in a little Water, is very good to cool the heat, and heal the sore Breasts of Women. The same with a little Sugar, is good to lenifie the harshness and hoarseness of the Throat, and roughness of the Tongue. The Cotton or Down of Quinces boiled and applied to Plague-sores, healeth them up, and laid as a Plaister, made up with Wax, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to shead.

### Rhadish or Horse-Rhadish.

**T**HE Garden-Rhadish is so well known, that it needeth no Description.

*Description.] The Horse-Rhadish hath his first Leaves that rise before Winter, about a foot and a half long, very much cut in or torn in the edges into many parts, of a dark green colour, with a great Rib in the middle; after these have been up a while, others follow, which are greater, rougher, broader and longer, whole, and not divided at the first, but only somewhat roundly dented about the edges; The Stalk when it beareth Flowers (which is seldom) is great, rising up with some few lesser Leaves thereon to three or four foot high, spreading at the top many small branches of whitish Flowers, made of four Leaves a-piece; after which come small Pods, like those of Shepherds-purse, but seldom with any Seed in them. The Root is great, long, white, and rugged, shooting up divers heads of Leaves, which may be parted for increase, but it doth not creep within Ground, nor run above Ground, and is of a strong, sharp and bitter taste, almost like Mustard.*

*Place.] It is found wild in some places of this Land, but is chiefly planted in Gardens, where it joyeth in moist and shadowy Places.*

*Time.] It flowereth but seldom; but when it doth, it is in July.*

*Government and Vertues.*] They are both under Mars: The Juice of Horse-Radish given to drink, is held to be very effectual for the Scurvy. It killeth the Worms in Children, being drunk, and also laid upon the Belly. The Root bruised and laid to the Place grieved with the Sciatica, Joynt-ach, or the hard Swellings of the Liver and Spleen, doth wonderfully help them all. The distilled Water of the Herb and Roots, is more familiar to be taken with a little Sugar for all the Purposes aforesaid.

Garden-Rhadieshes are in Wantonness by the Gentry eaten as Salad, but they breed but Scurvy Humours in the Stomach, and corrupt the Blood, and then send for a Physician as fast as you can; this is one cause makes the Owners of such nice Palates so unhealthful; yet for such as are troubled with the Stone, Dysury. Gravel, Stone or Stoppage of Urine, they are good Physick if the Body be strong that takes them; You make the juice of the Roots into a Syrup if you please, for that use; They purge by Urine exceedingly.

### Rag-wort.

**I**T is called also St. James-wort and Stagger-wort, and Stammer-wort, and Segrum.

*Descript.*] The greater common Rag-wort hath many large, and long, dark, green Leaves lying on the Ground, very much rent and torn on the sides in many places; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish Stalks, three or four foot high, sometimes branched, bearing divers such-like Leaves upon them, at several distances unto the top, where it brancheth forth into many stalks bearing yellow Flowers, consisting of divers leaves, set as a pale or border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into down, and with the small blackish grey Seed, are carried away with the Wind. The Root is made of many Fibres, whereby it is firmly fastened into the Ground, and abideth many Years.

There is another sort thereof different from the former only in this, that it riseth not so high; the leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft and molly, and the Flowers usually paler.

*Place.]*

*Place.*] They grow both of them wild in Pastures, and untill'd Grounds, in many Places, and oftentimes both in one Field.

*Time.*] They flower in June and July, and the Seed is ripe in August.

*Government and Vertues.*] Ragwort is under the Command of Dame Venus, and cleanseth, digesteth and discusseth. The Decoction of the Herb is good to wash the Mouth or Throat that hath Ulcers or Sores therein; and for Swellings, Hardness, or Imposthumations, for it thoroughly cleanseth and healeth them; as also the Quinzie, and the King's-Evil. It helpeth to stay

Sore Mouth or Throat, Swellings and Imposthumes, Quinzie, and King's-Evil, Catarrhs and Defluxions, Green Wounds, and Ulcers in the Privy-parts, running Cankers, and hollow Fistula's, Aches and Pains, Sciatica.

Catarrhs, thin Rheums, and Defluxions from the Head into the Eyes, Nose, or Lungs. The Juice is found by experience, to be singular good to heal green Wounds, and to cleanse and heal all old and filthy Ulcers in the Privities, and in other parts of the Body, as also inward Wounds and Ulcers; stayeth the malignity of fretting and running Cankers, and hollow Fistula's, not suffering them to spread farther. It is also much commended to help Aches and Pains either in the fleshy part, or in the Nerves and Sinews; as also the Sciatica, or pain of the Hips or Huckle-bone, to bathe the Places with the Decoction of the Herb, or to anoint them with an Ointment made of the Herb, bruised and boiled in old Hogs-Suer, with some Mastick and Olibanum in Powder added unto it after it is strained forth.

In *Suffex* we call it Rag-weed.

## Rattle-Grass.

**O**F this there are two kinds which I shall speak of, viz. the Red and Yellow.

*Descript.*] The common Red-Rattle hath sundry reddish, hollow Stalks, and sometimes green, rising from the Root, lying for the most part on the Ground, some growing more upright, with many small reddish or green Leaves set on both sides of a middle-Rib, finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red Colour like

*Small*

*Small gaping Hoods ; after which come blackish Seed in small Husks, which lying loose therein, will rattle with shaking. The Root consists of two or three small whitish Strings with some Fibres thereat.*

The common Yellow-Rattle, hath seldom above one round great Stalk, rising from the Root, about half a Yard, or two Foot high, and but few branches thereon, having two long, and somewhat broad Leaves set at a Joint, deeply cut in on the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end. The Flowers grow at the tops of the Stalks, with some shorter Leaves with them, hooded after the same manner that the others are, but of a fair yellow Colour, or in some Paler, and in some more white. The Seed is contained in large Husks, and being ripe, will rattle, or make a noise with lying loose in them. The Root is small and slender, perishing every Year.

*Place.]* They grow in Meadows and Woods generally, through this Land.

*Time.]* They are in flower from Midsummer until August be past, sometimes.

*Government and Vertues.]* They are both of them under the Dominion of the Moon. The Red-Rattle is accounted profitable to heal up Fistula's, and hollow Ulcers, and to stay the flux of Humours to them, as also the abundance of Womens Courses, or any other flux of Blood, being boiled in Red wine and drunk.

The Yellow-Rattle, or Cock's-comb, is held to be good for those that are troubled with a Cough, or Dimness of Sight, if the Herb, being boiled with Beans, and some Honey put thereto, be drunk, or dropped into the Eyes. The whole Seed being put into the Eyes, draweth forth any Skin, Dimness or Film from the Sight, without trouble or pain.

### Rest-Harrow, or Cammock.

*Descript.]* Common Rest-Harrow riseth up with divers rough woody Twigs, half a Yard, or a Yard high, set at the Joints without order, with little roundish Leaves, sometimes more than two or three at a place, of a dark green Colour, without

without Thorns while they are young; but afterwards armed in many places with short and sharp Thorns. The Flowers come forth at the tops of the Twigs and Branches, whereof it is full, fashioned like Pease or Broom-blossoms, but lesser, flatter and somewhat softer, of a faint purplish Colour; after which come small Pods, containing small flat and round Seed: The Root is blackish on the outside, and whitish within, very rough, and hard to break when it is fresh and green, and as hard as an Horn when it is dried, thrusting down deep into the Ground, and spreading likewise, every piece being apt to grow again if it be left in the ground.

**Place.]** It groweth in many places of this Land, as well in the Arable as waste Ground.

**Time.]** It flowereth about the beginning or middle of June, and the Seed is ripe in August.

**Government and Vertues.]** It is under the Dominion of Mars. It is singular good to provoke Urine when it is stopp'd, and to break and drive forth the Stone, which the Powder of the Bark of the Root taken in Wine performeth effectually. *Urine stopp'd, Stone, fleshy Rupture, Tooth-ach, Liver and Spleen, obstructed Ulcers.*

Matthioli saith, The same helpeth the Disease call'd *Hernia Carnosa*, the fleshy Rupture, by taking the said Powder for some Months together constantly, and that hath cur'd some which seem'd incurable by any other means than by cutting or burning. The Decoction thereof made with some Vinegar, and gargled in the Mouth easeth the Tooth-ach, especially when it comes of Rheum; and the said Decoction is very powerful to open Obstructions of the Liver and Spleen, and other Parts. A distilled Water made in *Balneo Mariæ*, with four Pounds of the Root thereof first sliced small, and afterwards steeped in a Gallon of Canary Wine, is singular good for all the purposes aforesaid, and to cleanse the Passages of the Urine. The Powder of the said Root made into an Electuary, or Lozenges with Sugar, as also the Bark of the fresh Roots boiled tender, and afterward beaten in a Conserve with Sugar, worketh the like effect. The Powder of the Roots brewed upon the brims of Ulcers, or mixed with any other convenient thing and applied, consumeth the hardness, and useth them to heal the better.

## Rocket.

**I**N regard the Garden-Rocket is rather us'd as a Sallad-Herb, than to any Physical Purposes, I shall omit it, and only speak of the common wild Rocket : The Description whereof take as followeth.

**Descript.]** *The common wild Rocket hath longer and narrower Leaves, much more divided into slender Cuts and Fags on both sides the middle Rib, than the Garden kinds have, of a sad over-worn green Colour, from among which rise up divers Stalks two or three Foot high, sometimes set with the like Leaves, but smaller, and smaller upwards, branched from the middle into divers stiff Stalks, bearing sundry yellow Flowers on them, made of four Leaves apiece, as the other are, which afterwards yield them small reddish Seed, in small long Pods of a more bitter and biting taste than the Garden kinds, as the Leaves are also.*

**Place.]** It is found wild in divers places of this Land.

**Time.]** It flowereth about June or July, and the Seed is ripe in August.

**Government and Vertues.]** The Wild Rockets are forbidden to be us'd alone, in regard their Sharpness fumeth into the Head, causing Ach and Pain therein, and are no less hurtful to hot and Cholerick Persons, for fear of inflaming their Blood; and therefore for such we may say a little doth but a little harm, for angry Mars rules them, and he sometimes well be testy when he meets with Fools. The wild

*Increase Sperm and Vener-  
ry, helps Digestion, pro-  
vokes Urine, biting of  
Serpents, &c. Cough in  
Children, increaseth Milk,  
cleanseth the Face, Scars,  
marks of Small Pox.*

Rocket is more strong and effectual to increase Sperm and Venerous Qualities, whereunto all the Seed is more effectual than the Garden kinds; it serveth also to help Digestion, and provoketh Urine exceedingly. The Seed is used to cure the Bitings of Serpents, the Scor-

pion and the Shrew-Mouse, and other Poysons, and expelleth Worms, and other noisome Creatures that breed in the Body. The Herb boiled or stewed, and some Sugar put thereto, helpeth the Cough in Children, being taken often. The Seed also taken in Drink, taketh away the iscent of the Arm-pits, increaseth Milk in Nurses, and wasteth the Spleen. The Seed mixed with Honey, and used on the Face, cleanseth the Skin from Morpew, and

oth

ther Discolourings therein; and used with Vinegar, taketh away Freckles and Redness in the Face, or other parts; and with the Gall of an Ox, it mendeth foul Scars, black and blue Spots, and the Marks of the Small Pox.

### Winter-Rocket, or Cresses.

**Descript.]** **W**inter-Rocket or Winter-Cresses having divers somewhat large sad green Leaves lying upon the Ground, torn or cut in divers parts, somewhat like unto Rocket or Turnip-leaves, with smaller pieces next the bottom, and broad at the ends, which so abide all the Winter (if it spring up in Autumn, when it is us'd to be eaten) from among which rise up divers small round Stalks, full of Branches, bearing many small yellow Flowers of four Leaves apiece, after which come small Pods with reddish Seed in them. The Root is somewhat stringy, and perisheth every Year after the Seed is ripe.

**Place.]** It groweth of its own accord in Gardens and Fields by the Way-sides in divers places, and particularly in the next Pasture to the Conduit-head behind Grays-Inn that brings Water to Mr. Lamb's Conduit in Holbourn.

**Time.]** It flowereth in May, and seedeth in June, and then perisheth.

**Government and Vertues]** This is profitable to provoke Urine, and helpeth Stranguary, and to expel Gravel and the Stone. It is also of good effect in the Scurvy. It is found by experience to be a singular good Wound-herb, to cleanse inward

*Strangury, Gravel, and Stone, Scurvy, Wounds, Ulcers and Sores.*

Wounds; the Juice or Decoction being drunk, or outwardly applied to wash foul Ulcers and Sores, cleansing them by sharpness, and hindring or abating the dead Flesh from growing therein, and healing them by the drying quality.

### Roses.

[Hold it altogether needless to trouble the Reader with a Description of any of these, since both the Garden-Roses, and the wild Roses of the Briars are well enough known; take therefore the Vertue of them as followeth; And first I shall begin with the Garden kinds.

**Government and Vertues.]** What a pother have Authors made with Roses? What a racket have they kept? I shall add. Red Roses are under Jupiter, Damask under Venus, and

and White under the Moon, and Provence under the King of France. The White and Red Roses are cooling and drying and yet the White is taken to exceed the Red in both the Properties, but is seldom us'd inwardly in any Medicine: The Bitterness in the Roses when they are fresh, especially the Juice, purgeth Choler, and watry Humours; but being dried, and that Heat which caused

*Choler and waterish Humours, Head-ach, Pains in the Ears, Eyes, Throat and Gums, Fundament, Bowels and Matrix, St. Anthony's Fire, Stomach, Womens Courses, Defluctions, fastneth Teeth, Lask, and Spitting of Blood, Heat and Inflammations, Rest, and Sleep, Whites and Reds in Women, Choler and Flegm, Redness and Watring in the Eyes.*

the Bitterness being consumed they have then a binding and astringent Quality: Those also that are not full blown, do both cool and bind more than those that are full blown, and the White Rose more than the Red. The Decoction of Red Roses made with Wine and used, is very good for the Head-ach, and Pains in the Eyes, Ears, Throat and Gums; as also for the Fundament, the lower parts of the Belly and the Matrix, being bathed, or put into them. The same Decoction with the Roses re-

maining in it, is profitably applied to the Region of the Heart to ease the Inflammation therein; as also St. Anthony's Fire, and other Diseases of the Stomach. Being dried and beaten to Powder, and taken in steeled Wine or Water, it helpeth to stay Womens Courses. The yellow Threads in the middle of the Roses (which are erroneously call'd the Rose Seed) being powder'd and drunk in the Distilled Water of Quinces, stayeth the overflowing of Womens Courses, and doth wonderfully stay the Defluctions of Rheum upon the Gums and Teeth, preserving them from Corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vinegar of Squills added thereto. The Heads with the Seed being used in Powder, or in a Decoction, stayeth the Lask and Spitting of Blood. Red Roses do strengthen the Heart, the Stomach and the Liver, and the retentive Faculty: They mitigate the Pains that arise from Heat, assuage Inflammations, procure Rest and Sleep, stay both Whites and Reds in Women, the Gonorrhea, or Running of the Reins, and Fluxes of the Belly; the Juice of them doth purge and cleanse

cleanse the Body from Choler and Flegm. The Husks of the Roses with the Beards and Nails of the Roses, are binding and cooling, and the Distilled Water of either of them is good for the Heat and Redness in the Eyes, and to stay and dry up the Rheums and watering of them. Of the Red Roses are usually made many Compositions, all serving to sundry good uses, *viz.* Electuary of Roses, Conserve, both moist and dry, which is more usually called Sugar of Roses, Syrup of dried Roses and Honey of Roses. The Cordial Powder call'd *Diarrhodon, Abbatis, and Aromaticæ Rosarum*. The Distilled Water of Roses, Vinegar of Roses, Ointment, and Oil of Roses, and the Rose Leaves dried, which although no Composition, yet of a very great use and effect. To write at large of every one of these, would make my Book swell too big, it being sufficient for a Volume of it self, to speak fully of them. But briefly, the Electuary is purging, whereof two or three Drams taken by it self in some convenient Liquor, is a purge sufficient for a weak Constitution; but may be increased to six Drams, according to the Strength of the Patient. It purgeth Choler without trouble, and it is good in hot Fevers, and Pains of the Head arising from hot cholerick Humours, and Heat in the Eyes, the Jaundice also, and Joint-aches proceeding of hot Humours. The moist Conserve is of much use, both Binding and Cordial; for until it be about Two Years old, it is more Binding than Cordial, and after that, more Cordial than Binding. Some of the younger Conserve taken with *Mithridatum* mixed together, is good for those that are troubled with Distillations of Rheum from the Brain to the Nose, and Defluxion of Rheum into the Eyes; as also for Fluxes and Lasks of the Belly; and being mixed with the Powder of Mastick, is very good for the Running of the Reins, and for the Loosness of Humours in the Body. The

*A Purge for Choler, hot Fevers, Pains of the Head, heat of the Eyes, Jaundice and Joint aches, Distillations and Defluxions of Rheum, Fluxes and Lasks, Running of the Reins, Faintings, Swoonings and Tremblings of the Heart, helpeth Digestion, stayeth Casting, Infection, cooleth the Liver & Blood, resisteth Putrefaction & Infection, sore Mouths, Throat, &c. Comforts the Heart and Stomach, stays Vomiting, faint Spirits, redness of the Eyes.*

old Conserve mixed with *Aromaticum Rosatum*, is a very good Cordial against Faintings, Swoonings, Weakness and Tremblings of the Heart, strengthen both it and a weak Stomach, helpeth Digestion, stayeth Casting, and is a very good Preservative in the time of Infection. The dry Conserve which is call'd Sugar of Roses, is a very good Cordial strengthen the Heart and Spirits; as also to stay Defluxion. The Syrup of dried Red Roses strengthen a Stomach, give to Casting, cooleth an over-heated Liver, and the Blood in Agues, comforteth the Heart, and resisteth Putrefaction and Infection, and helpeth to stay Lasks and Fluxes, Honey of Roses is much us'd in Gargles and Lotions to wash Sores either in the Mouth, Throat, or other Parts, both to cleanse and heal them, and to stay the Fluxes of Humours falling upon them. It is also used in Clysters both to cool and cleanse. The Cordial Powder, call'd *Diarrhodon Albanum* and *Aromatica Rosarum*, do comfort and strengthen the Heart and Stomach, procure an Appetite, help Digestion, stay Vomiting; and are very good for those that have slipper Bowels, to strengthen them, and to dry up their Moisture. Red Rose-water is well known, and of a familiar use on all occasions, and better than Damask Rose-water) being cooling and cordial, refreshing, quickening the weak and faint Spirits, us'd either in Meats or Broths, to wash the Temples, to smell at the Nose, or to smell the sweet Vapours thereof out of a Perfuming Pot, or cast into a hot Fire-shovel. It is also of much good use against the Redness and Inflammations of the Eyes to bathe the therewith, and the Temples of the Head; as also against Pain and Ach, for which Purpose also Vinegar of Roses is of much good use, and to procure Rest and Sleep, if some thereof, and Rose-water together

*Procure Sleep.*

be used to smell unto, or the Nose and Temples moistned therewith, but more usually to moisten a piece of a Red Rose-Cake cut fit for the Purpose, and heated between a double-folded Cloth, with a little beaten Nutmeg, and Poppy-Seed strewed on the side that must lie next to the Forehead and Temples, and bound so thereunto for all Night. The Ointment of Roses is much used

*Heat of the Liver, Back, and Reins, Pustles, Wheals and Pimples, Fluxes of Humours.*

against Heat and Inflammations of the Head, to anoint the Forehead and Temples, and being mixt with *Unguentum Populeum*, to procure Rest.

left; as also it is used for the heat of the Liver, the Back and Reins, and to cool and heal Pustules, Wheals, and other red Pimples rising in the Face or other Parts. Oil of Roses is not only us'd by it self to cool any hot Swellings or Inflammations, and to bind and stay Fluxes of Humours unto Sores, but is also put into Ointments and Plaisters that are cooling and binding and restraining the Flux of Humours. The dried Leaves of the Red Roses are us'd both inwardly and outwardly, both cooling, binding, and cordial, for with them are made both *Aromaticum Rosarum*, *Diarrhodon Abbatis*, and *Saccarum Rosarum*, each of whose Properties are before declar'd. Rose Leaves and Mints heated and applied outwardly to the Stomach, stay Castings, and very much strengthen a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, do much cool and temper them, and also serve instead of a Rose-Cake (as is said before) to quiet the over-hot Spirits, and cause Rest and Sleep. The Syrup of Damask-Roses is both Simple and Compound, and made with Agarick. The simple solutive Syrup, is a familiar, safe, gentle and easie Medicine, purging Choler, taken from one Ounce to three or four; yet this is remarkable herein, that the distilled Water of this Syrup, should notably bind the Belly. The Syrup with Agarick is more strong and effectual, for one Ounce thereof by it self will open the Body more than the other, and worketh as much on Flegm as Choler. The Compound Syrup is more forcible in working on Melancholick Humours. And available against the Leprosie, Itch, Tetters, &c. and the French Disease: Also Honey of Roses solutive is made of the same Infusions that the Syrup is made of, and therefore worketh the same effect, both Opening and Purging; but is oftner given to Flegmatick than Cholerick Persons, and is more used in Clysters than in Portions, as the Syrup made with Sugar is. The Conserve and Preserv'd Leaves of those Roses are also operative, in gently opening the Belly.

*Weak Stomach, purgeth Choler, bind the Belly, Melancholick Humours, Leprosie, Itch, Tetters, French Pox, open the Belly.*

The Simple Water of the Damask-Roses is chiefly used for Fumes to sweeten things, as the dried Leaves thereof to make sweet Powders, and fill sweet Bags, and little use

they are put to in Physick, although they have some Purging Quality; the Wild Roses also are few or none of them us'd in Physick, but are generally held to come near the nature of the manur'd Roses. The Fruit of the Wild Briar which are call'd Hops, being thoroughly ripe, and made into a Conserve with Sugar, besides the Pleasantness of the Taste doth gently bind the Belly, and stay Defluxions from the Head upon the Stomach, drying up the Moisture thereof, and helpeth Digestion. The Pulp of the Hops dried into a hard Consistence, like to the Juice of Liquorish, or so dried that it may be made into Powder and taken in Drink, stayeth speedily the Whites in Women. The Briar Ball is often used, being made into Powder and drunk, to break the Stone, to provoke Urine when it is stopp'd, and to ease and help the Cholick; some appoint it to be burnt, and then taken for the same purpose. In the middle of the Balls are often found certain white Worms, which being dried and made into Powder, and some of it drunk, is found by Experience of many to kill and drive forth the Worms of the Belly.

*Bind the Belly, and stay Defluxions, Whites in Women, Stone, provokes Urine, Cholick, Worms.*

### Rosa Solis, or Sun-dew.

**Description.]** *It hath divers small, round, hollow Leaves somewhat greenish, but full of certain red Hairs, which make them seem red, every one standing upon his own Footstalks, reddish, hairy likewise. The Leaves are continually moist in the hottest Day, yea, the hotter the Sun shines on them the moister they are, with a certain sliminess that will stop (as we say) the small Hairs always holding this Moisture. Among these leaves rise up small slender Stalks, reddish also three or four Fingers high, bearing divers small white knobs one above another which are the Flowers; after which, in the Heads are contained small Seeds. The Root is a few small Hairs.*

**Place.]** *It groweth usually in Bogs and in wet Places, and sometimes in moist Woods.*


**Time.]** *It flowereth in June, and then the Leaves are fittest to be gathered.*

**Government and Vertues]** *The Sun rules it, and 'tis under the Sign Cancer. Rosa Solis is accounted good to help those that have a Salt Rheum distilling on the Lungs, which breedeth*

breedeth a Consumption, and therefore the distilled Water thereof in Wine is held fit and profitable for such to drink, which Water will be of a good yellow Colour. The same Water is held to be good for all other Diseases of the Lungs, as Ptyticks, Wheefings, Shortness of Breath, or the Cough; as also to heal the Ulcers that happen in the Lungs; and it comforteth the Heart and fainting Spirits. The Leaves outwardly applied to the Skin, will raise Blisters, which hath caused some to think it dangerous to be taken inwardly; but there are other things which will also draw Blisters, yet nothing dangerous to be taken inwardly. There is an usual Drink made thereof with *Aqua Vitæ* and Spices frequently, and without any offence or danger, but to good purpose used in Qualms and Passions of the Heart.

*Distillations of Rheum, Ptytick, Wheefings, shortness of Breath, Cough, Ulcers in the Lungs, comforts the Heart, raises Blisters, Passions of the Heart.*

### Rosemary.

 U-R Garden Rosemary is so well known, that I need not describe it.

*Time*] It flowereth in *April* and *May* with us, sometimes again in *August*.

*Government and Vertues*] The *Sun* claims privilege in it, and 'tis under the celestial *Ram*. It is an Herb of as great use with us in these Days as any whatsoever, not only for Physical but Civil purposes. The Physical use of it (being my present Task) is very much both for inward and outward Diseases; for by the warming and comforting Heat thereof it helpeth all cold Diseases, both of the Head, Stomach, Liver and Belly. The Decoction thereof in Wine, helpeth the cold Distillations of Rheums into the Eyes, and all other cold Diseases of the Head and Brain, as the Giddiness or Swimmings therein. Drowsiness or Dulness of the Mind and Senses like a Stupidness, the dumb Palsie, or loss of Speech, the Lethargy,

*Cold Diseases, Rheum, Swimmings of the Head, Drowsiness, Stupidity, dumb Palsie, Lethargy and Falling-sickness, Tooth-ach, Stinking Breath, Weak Memory, Stomach, Retention of meat, wind, liver-grown, dim Sight, Yellow-Jaundice, Pestilence, Whites in Women, Cough-*

*Ptyſick* or *Consumption*, and *Falling-ſickneſs*, to be both *benum'd Joints*, *Spots* drunk, and the *Temples* bathed *and Scars in the Skin*. therewith. It helpeth the Pains in the Gums and Teeth by Rheum falling into them, not by Putrefaction, cauſing an evil Smell from them, or a ſtinking Breath. It helpeth a weak Memory and quickneth the Senſes. It is very comfortable to the Stomach in all the cold Grieffs thereof, helpeth both Retention of Meat, and Digefſion, the Decoction or Powder being taken in Wine. It is a Remedy for the Windineſs in the Stomach and Bowels, and expelieth it powerfully; as alſo Wind in the Spleen. It helpeth thoſe that are Livergrown, by opening the Obſtructions thereof. It helpeth dim Eyes, and procureth a clear Sight, the Flowers thereof being taken all the while it is flowering, every Morning faſting with Bread and Salt. Both *Dioſcorides* and *Galen* ſay, That if a Decoction be made thereof with Water, and they that have the Yellow-Jaundice do exerciſe their Bodys preſently after the taking thereof, it will certainly cure them. The Flowers and Conſerve made of them, is ſingular good to comfort the Heart, and to expel the Contagion of the Peſtilence; to burn the Herb in Houſes and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leaves ſhred ſmall, and taken in a Pipe as Tobacco is taken, helpeth thoſe that have any Cough or *Ptyſick*, or *Consumption*, by warming and drying the thin Diſtillations which cauſe thoſe Diſeaſes. The Leaves are very much uſ'd in Bathings, and made into Oynments, or Oil, are ſingular good to help cold benum'd Joints, Sinews, or Members. The Chimiſal Oil drawn from the Leaves and Flowers is a Sovereign help for all Diſeaſes aforeſaid; to touch the Temples and Noſtrils with two or three drops for all the Diſeaſes of the Head and Brain ſpoken of before; as alſo to take one drop, two or three, as the Cauſe requir-eth, for the inward Grieffs: yet muſt it be done with Diſcretion, for it is very quick and Piercing, and therefore but a very little muſt be taken at a time. There is alſo another Oil made by Inſolation in this manner: Take what quainty you will of the Flowers, and put them into a ſtrong Glaſs cloſe ſtopped, tye a fine Linnen-cloth over the

the Mouth, and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl will distill down into the lower Glass, to be preserv'd as precious for divers uses, both inward and outward, as a Sovereign Balm to heal the Diseases before-mention'd, to clear Dim-sights, and take away Spots, Marks and Scars in the Skin.

**Rhubarb, or Rhapontick.**

**D**O not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our *English Simples*? For tho' the Name may speak it foreign, yet it grows with us in England; and that frequene enough in our Gardens, and when you have thoroughly pursued its Vertues, you will include it nothing inferiour to that which is brought out of China, and by that time this hath been as much used as that hath been, the Name which the other hath gotten will be eclipsed by the Fame of this, take therefore a Description at large of it as followeth :

*Description*] At the first appearing out of the Ground, when the Winter is Past, it hath a great round brownish Head, rising from the middle or sides of the Root, which openeth itself into sundry Leaves one after another, very much crumpled or folded together at the first, and brownish; but afterwards it spreadeth it self, and becometh smooth, very large and almost round, every one standing on a brownish Stalk of the thickness of a Man's Thumb, when they are grown to their Fullness, and most of them two Foot, and more in length especially when they grow in any moist or good Ground; and the Stalk of the Leaf also from the bottom thereof to the Leaf it self, being also two Foot; the breadth thereof from edge to edge in the broadest place, being also two Foot; of a sad or dark green Colour, of a sweet tart or sourish taste, much more pleasant than the Garden or Wood Serrisel. From among these riseth up some, but not every Year, strong thick stalks, not growing so high as the Patience, or Garden-Dock, with such round Leaves as grow below, but smaller at every Joint up to the top, and among the Flowers, which are white, spreading forth into many Branches, and consisting of five or six small Leaves apiece, hardly to be discerned from the white Threads in the middle, and seeming to be all Threads; after which come brownish three square Seeds, like unto other Docks, but larger, whereby it may be plainly known to be a Dock. The Root grows

in time to be very great with divers and sundry great spreading Branches from it, of a dark brownish or reddish Colour, or the outside with a pale yellow Skin under it, which covereth the inner Substance or Root, which Rind and Skin being pared away, the Root appears of so fresh and lively a Colour, with fresh colour'd Veins running thro' it, that the choicest of that Rhubarb that is brought us from beyond the Seas cannot excel it; which Root, if it be dried carefully, and as it ought (which must be in our Country by the gentle heat of a Fire, in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his Colour almost as well as when it is fresh, and hath been approved of and commended by those who have oftentimes used them.

Place.] It groweth in Gardens, and flowereth about the beginning or middle of June, and the Seed is ripe in July.

Time.] The Roots that are to be dried and kept all the Year following, are not to be taken up before the Stalk and Leaves be quite withered and gone, and that is not until the middle or end of October; and if they be taken a little before the Leaves do spring, or when they are sprung up, the Roots will not have half so good a Colour in them.

I have given the Precedence unto this, because in Vertues also it hath the Preheminence; I come now to describe unto you that which is call'd *Patience*, or *Monk's-Rhubarb*; and next unto that, the great round leav'd *Dock*, or *Bastard Rhubarb*; for the one of these may happily supply in the absence of the other, being not much unlike in their Vertues, only one more powerful and efficacious than the other. And lastly, shall shew you the Vertues of all the three sorts.

### Garden-Patience, or Monk's-Rhubarb.

Description.] **T**his is a Dock bearing the name of Rhubarb, for some purging Quality therein, and groweth up with large tall Stalks, set with somewhat broad and long fair green Leaves, not dented at all. The tops of the Stalks being divided into many small Branches, bear reddish or purplish Flowers, and three square Seed like unto other Docks. The Root is long, great and yellow, like unto the Wild Docks, but a little redder, and if

if it be a little dried, sheweth less store of discoloured Veins than the next doth when it is dry.

## Great round leav'd Dock, or Bastard Rhubarb.

**Descript.]** **T**His hath divers large, round, thin, yellowish, green Leaves rising from the Root, a little waved about the edges, every one standing upon a reasonable thick, and long brownish Foot-stalk, from among which riseth up a pretty big Stalk, about two Foot high, with some such like Leaves growing thereon, but smaller; at the top whereof stand in a long spike many small brownish Flowers, which turn into a hard three-square shining brown Seed, like the Garden Patience before described. The Root groweth greater than that, with many Branches of great Fibres thereat, yellow on the outside, and somewhat pale; yellow within, with some discoloured Veins like to the Rhubarb which is first described, but much less than it, especially when it is dry.

**Place and Time]** These also grow in Gardens, and flower and seed at or near the same time that our true Rhubarb doth, viz, they flower in June, and the Seed is ripe in July.

**Government and Vertues.]** Mars claims Predominancy over all these wholesome Herbs: You cry out upon him for an Infortunate, when God created him for your good (only he is angry with Fools.) What Dishonour is this, not to Mars, but to God himself? A Dram of the dried Root of Monk's Rhubarb, with a Scruple of Ginger made into Powder, and taken fasting in a draught or mess of warm Broth, purgeth Choler and Flegm downwards very gently and safely, without danger. The Seed thereof contrary doth bind the Belly, and helpeth to stay any sort of Lask or Bloody Flux. The Distilled Water thereof is very profitably used to heal Scabs; also foul Ulcerous Sores, and to lay the Inflammation of them; the Juice of the Leaves or Roots, or the Decoction of them in Vinegar is used as a most effectual Remedy to heal Scabs and running Sores.

*Purge Choler and Flegm,  
stay Lasks and Bloody Flux,  
Scabs and ulcerous Sores,  
running Sores.*

The Bastard Rhubarb hath all the Properties of the Monk's Rhubarb, but more effectual for both inward and outward Diseases. The Decoction thereof without Vinegar dropped

*Pains of the Ears, Tooth-ach, Jaundice, Pain of the Stomach, and loathing of Meat, King's-Evil, Stone, Urine, Dim Sight, Liver and Blood.*

taketh away the loathing thereof unto Meat. The Root thereof helpeth the ruggedness of the Nails, and being boiled in Wine helpeth the Swelling of the Throat, commonly called the King's-Evil, as also the Swellings of the Kernels of the Ears. It helpeth them that are troubled with the Stone; provoketh Urine, and helpeth the Dimness of the Sight. The Roots of this Bastard Rhubarb are used in opening and purging Diet-Drinks, with other things to open the Liver, and to cleanse and cool the Blood.

The Properties of that which is call'd the *English Rhubarb*, are the same with the former, but much more effectual, and hath all the Properties of the true *Indian Rhubarbs*, except the Force in Purging, wherein it is but of half the Strength thereof and therefore a double quantity must be used; it likewise hath not that Bitterness and Astringency, in other things it worketh almost in an equal

*Choler and Flegm Obstructions, Jaundice, Dropsie, Spleen, Agues, Pains of the Sides, and spitting of Blood, running of the Reins, Swellings in the Head, Sciatica, Gout, Cramp, clotted Blood, Ulcers in the Eyes, or Eyelids, Swellings, and Inflammations, black and blue Spots, purge the Liver and Stomach.*

quality, which are these; it purgeth the Body of Choler and Flegm, being either taken of it self, made into Powder and drunk in a draught of White-wine, or steeped therein all Night, and taken fasting, or put among other Purges, as shall be thought convenient, cleansing the Stomach, Liver, and Blood, opening Obstructions, and helping those Grievs that come thereof; as the Jaundice, Dropsie, Swelling of the Spleen, Tertian and Daily Agues,

and pricking Pains of the Sides, and also it stayeth spitting of Blood. The Powder taken with *Cassia* dissolved, and a little washed *Venice Turpentine*, cleanseth the Reins, and strengtheneth them afterwards, and is very effectual  
to

to stay the running of the Reins, or Gonorrhea. It is also given for the Pains and Swelling in the Head, for those that are troubled with Melancholy, and helpeth the Sciatica, the Gout, and the Cramp. The Powder of the Rhubarb taken with a little *Mummi*a and *Madder* Roots in some Red-Wine, dissolveth clotted Blood in the Body happening by any Fall or Bruise, and healeth Burstings and broken Parts, as well inward as outward. The Oil likewise wherein it hath been boiled, worketh the like Effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eye-lids, being steeped and strained; as also to assuage the Swellings and Inflammations; and applied with Honey or boiled in Wine, it taketh away all blue Spots or Marks that happen therein. Whey or White-Wine are the best Liquors to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little *Indian Spicknard* as the best Corrector thereof.

### Meadow-Rue.

**Description.]** **M**eadow-Rue riseth up with a yellow stringy Root, much spreading in the Ground, shooting forth new Sprouts round about, with many herby green stalks two Foot high, crested all the length of them, set with Joints here and there, and many large Leaves on them, above as well as below, being divided into smaller Leaves, nicked or dented in the fore part of them, of a red green colour on the upper side, and pale green underneath: Toward the top of the stalk there shooteth forth divers short Branches, on every one whereof there stand two, three or four small Heads or Buttons, which breaketh the Skin that incloseth them, shooteth forth a tuft of pale greenish yellow Threads, which falling away, there comes in their places small three-corner'd Cods, wherein is contain'd small long and round Seed. The whole Plant hath a strong unpleasant scent.

**Place.]** It groweth in many Places of this Land, in the Borders of moist Meadows and Ditch-sides.

**Time.]** It flowereth about July, or the beginning of August.

**Government and Vertues.]** *Dioscorides* saith, That this Herb bruised and applied, perfectly healeth old Sores, and the distilled

Old Sores, opens the Body, distilled Water of the Herb, and  
 Lice, and Vermin, Plague, Flowers doth the like. It is us'd  
 Jaundice. by some among other Pot-herbs, to  
 open the Body, and make it solu-

ble; but the Roots washed clean, and boiled in Ale, and  
 drank, provoke to Stool more than the Leaves, but yet very  
 gently. The Root boiled in Water, and the Places of the  
 Body most troubled with Vermin and Lice washed therewith  
 while it is warm, destroyeth them utterly. In *Italy* it is used  
 against the Plague, and in *Saxony* against the Jaundice, as *Ca-*  
*mararius* saith.

### Garden-Rue.

**G**arden-Rue is so well known both by this Name, and  
 the Name *Herb of Grace*, that I shall not need to  
 write any farther Description of it, but shall only shew you  
 the Vertue of it, as followeth.

*Government and Vertues.*] It is an Herb of the Sun, and un-  
 der *Leo*. It provoketh Urine and Womens Courses, being ta-  
 ken either in Meat or Drink. The Seed thereof taken  
 in Wine, is an Antidote against all dangerous Medicines  
 or deadly Poisons. The Leaves taken either by them-  
 selves, or with Figs and Walnuts, is called *Mithridates* his  
 Counter-poyson against the Plague, and causeth all veno-  
 mous Things to become harmless;  
 being often taken in Meat and  
 Drink, it abateth Venery, and  
 destroyeth the Ability to get Chil-  
 dren. A Decoction made thereof  
 with some dried Dill-Leaves and  
 Flowers, easeth all Pains and Tor-  
 ments, inwardly to be drunk, and  
 outwardly to be applied warm to  
 the Place grieved. The same being  
 drunk, helpeth the Pains both of  
 the Chest and Sides, as also Coughs  
 and Hardness of Breathing, the In-  
 flammation of the Lungs, and the  
 tormenting Pains of the Sciatica,  
 and the Joints being anointed, or  
 laid to the Places; as also the sha-  
 king Fits of Agues, to take a  
 draught

*Womens Courses, Urine,  
 Poysons, Plague, abate  
 Venery, Pains in the Chest  
 and Sides, Coughs, Head,  
 Breathing, Sciatica, and  
 Joint-aches, Agues, Wind-  
 Cholick, Mother, Worms,  
 Gout, Dropſie, Bleed-  
 ing, Swelling of the  
 Cods, Wheals, and Pim-  
 ples, Morpew, and  
 Warts, Scab, Tetter and  
 Ring-worm, Pains of the  
 Ears, Dim Sight, St.  
 Anthony's Fire, run-  
 ning Sores of the Head,  
 Ulcers of the Nose, Anti-*

draught before the Fit come ; being boiled or infused in Oil, it is good to help the Wind-Cholick, the Hardness and Windiness of the Mother, and freeth Women from the Strangling or Suffocation thereof, if the Share and the Parts thereabouts be anointed therewith : It killeth and driveth forth the Worms of the Belly, if it be drunk after it is boiled in Wine to the half, with a little Honey : It helpeth the Gout or Pains in the Joints, Hands, Feet, or Knees, applied thereunto ; and with Figs it helpeth the Dropsie, being bathed therewith : Being bruised and put into the Nostrils, it stayeth the bleeding thereof ; it helpeth the swelling of the Cods, if they be bath'd with a Decoction of Rue and Bay-Leaves. It taketh away Wheals and Pimples, if being bruised with a few Myrtle-Leaves, it be made up with Wax and applied. It cureth the Morpew, and taketh away all sorts of Warts, if boiled in Wine with some Pepper and Nitre, and the places rubbed therewith, and with Alom and Honey helpeth the dry Scabs, or any Tetter or Ring-Worm. The Juice thereof warmed in a Pomegranate Shell or Rind, and dropped into the Ears, helpeth the Pains of them. The Juice of it and Fennel, with a little Honey, and the Gall of a Cock put thereto, helpeth the Dimness of the Eye-sight. An Ointment made of the Juice thereof with Oil of Roses, Cerus, and a little Vinegar, and anointed, cureth St. *Anthony's* Fire, and all running Sores in the Head ; and the stinking Ulcers of the Nose or other Parts. The Antidote used by *Mithridates* every Morning fasting, to secure himself from any Poyson or Infection, was this : Take twenty Leaves of Rue, a little Salt, a couple of Walnuts, and a couple of Figs beaten together into a Mass, with twenty Juniper Berries, which is the Quantity appointed for every Day. Another Electuary is made thus : Take of Nitre, Pepper, and Cummin-seed, of each equal parts ; of the Leaves of Rue clean picked, as much in weight as all the other three weighed ; beat them well together, and put as much Honey as will make it up into an Electuary, (but you must first keep your Cummin-Seed in Vinegar twenty four Hours, and then dry it, or rather roast it in a hot Fire-shovel, or in an Oven) and is a Remedy for the Pains or Griefs

dote, Pains of the Chest,  
Stomach, Spleen, Belly.

## Obstructions.

Griefs in the Chest or Stomach ; of the Spleen, Belly or Sides, by Wind

or Stitches ; of the Liver by Obstructions ; of the Reins and Bladder by the stopping of Urine ; and helpeth also to extenuate fat corpulent Bodies. What an Infamy is cast upon the Ashes of *Mithridates*, or *Methridates*, (as the *Augustins* read his Name) by unworthy People ! They that deserve no good Report themselves, love to give none to others, viz. That renowned King of *Pontus* fortify'd his Body by Poyson against Poyson. (He cast out Devils by *Belzebub*, Prince of the Devils.) What a Sot is he that knows not if he had accustomed his Body to cold Poysons, hot Poysons would have dispatched him ; on the contrary, if not, Corrosions would have done it. The whole World is at this present time beholden to him for his Studies in Physick, and he that useth the quantity but of an Hazel-Nut of that Receipt every Morning, to which his Name is adjoined, shall to Admiration preserve his Body in Health, if he do but consider that Rue is an Herb of the Sun, and under *Leo*, and gather it and the rest accordingly.

## Rupture-wort.

Descript.] **T**HIS spreadeth very many thready Branches round about upon the Ground, about a Span long, divided into many other smaller Parts full of small Joyns set very thick together, whereat come forth two very small leaves of a French yellow, green colour'd Branches and all, where groweth forth also a number of exceeding small yellowish flowers scarce to be discerned from the Stalks and Leaves which turn into Seeds as small as the very Dust. The Root is very long and small, thrust-down deep into the Ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest Heat, yet a little bitter and sharp withal.

Place.] It groweth in dry, sandy and rocky Places.

Time.] It is fresh and green all the Summer.

Government and Vertues] They say *Saturn* causes Ruptures ; if he do, he doth no more than he can cure ; if you want Wit, he will teach you, tho' to your Cost. This Herb is *Saturn's* own, and is a notable Antivenerean. Rupture-wort hath not his Name in

## Ruptures.

vain ; for it is found by Experience, to cure the Rupture, not only in Children, but also in Elder

der Persons if the Disease be not too inveterate, by taking a Dram of the Powder of the dried Herb every Day in Wine, for certain Days together. Or the Decoction made of the Wine and drunk. Or the Juice or distilled Water of the green Herb, taken in the same manner, and helpeth all other Fluxes either of Man or Woman, Vomitings also, and the Gonorrhea or Running of the Reins, being taken any of the Ways aforesaid. It doth also most assuredly help those that have the Stranguary, or have their

*Fluxes, Running of the Reins, Stranguary, Stone or Gravel, Stitches, Yellow Jaundice, Worms, Wounds, Defluxions, foul Ulcers.*

Urine stopped, or are troubled with the Stone or Gravel in the Reins or Bladder. The same also helpeth much all Stitches in the Sides, all griping Pains in the Stomach or Belly, the Obstructions of the Liver, and cureth the Yellow Jaundice; likewise it kills also the Worms in Children. Being outwardly applied, it conglutinateth Wounds notably, and helpeth much to stay Defluxions of Rheum from the Head to the Eyes, Nose and Teeth, being bruised green and bound thereto. Or the Decoction of the dried Herb, to bathe the Forehead or Temples, or the Nape of the Neck behind. It also drieth up the Moisture of Fistulous Ulcers, or any other that are foul and spreading.

### Rushes.

**A**lthough there are many kinds of Rushes, yet I shall only here insist upon these which are best known, and most medicinal; as the Bull rushes, and other of the soft and smooth kinds, which grow so commonly in almost every part of this Land, and are so generally noted, that I suppose it needless to trouble you with any Description of them: Briefly then take the Vertues of them as followeth.

*Government and Vertues* ] The Seed of the soft Rushes, saith *Dioscorides* and *Galen*, toasted, (saith *Pliny*) being drank in Wine and Water, stayeth the Lask and Womens Courses, when they come down too abundantly; but it causeth Head-ach: It provoketh Sleep likewise, but must be given with Caution. The Root boiled in Water, to the Consumption of one Third, helpeth the Cough.

Thus

Thus you see that Conveniencies have their Inconveniencies, and Vertue is seldom unaccompanied with some Vices. What I have written concerning *Rushes*, is to satisfy my Countrymens Question; *Are our Rushes good for nothing?* Yes, and as good let them alone as taken. There are Remedies enough without them for any Disease, and therefore, as the Proverb is, I care not a *Rush* for them; or rather, they will do you as much good as if one had given you a *Rush*.

### Rye.

**T**His is so well known in all the Counties of this Land, and especially to the Country-People, who feed much thereon, that if I did describe it, they would presently say, I might well have spared that Labour. Its Vertues follow.

*Government and Vertues.*] Rye is more digesting than Wheat; the Bread and the Leaven thereof ripneth and breaketh *Imposthumes*, *Boyls*, and other Swellings: The Meal of Rye put between a double Cloth, and moisten'd with a little Vinegar, and heated in a Pewter Dish, set over a Chafing-dish of Coals, and bound fast to the Head while it is hot, doth much ease the continual Pains of the Head. *Matthirolus* saith, That the Ashes of Rye-straw put into Water, and steeped therein a Day and a Night, and the Chops of the Hands or Feet washed therewith, doth heal them.

### Saffron.

**T**HE Herb needs no Description, it being known generally where it grows.

*Place.*] It grows frequently at *Walden* in *Essex*, and in *Cambridgehire*.

*Government and Vertues.*] It is an Herb of the Sun, and under the Lion, and therefore you need not demand a Reason why it strengthens the Heart so exceedingly: Let not above ten Grains be given at one time; for if the Sun, which is the Fountain of Light

*Heart strengtheneth, Brain,  
Consumption of the Lungs,  
Pestilence, Small Pox,*

Light, may dazle the Eyes and make them blind, a Cordial being taken in an immoderate Quantity, may hurt the Heart instead of helping it. It quickeneth the Brain, for the Sun is exalted in *Aries*, as well as he hath his House in *Leo*: It helps Consumption of the Lungs, helps difficulty of Breathing: It is excellent in Epidemical Diseases, as Pestilence, Small-Pox, and Measles. It is a notable expulsive Medicine, and a notable Remedy for the Yellow-Jaundice. My Opinion is, (but I have no Author for it) that *Hermodactyls* are nothing else but the Roots of *Saffron* dried; and my Reason is, that the Roots of all *Crocus*, both white and yellow, purge *Phlegm* as *Hermodactyls* do; and if you please to dry the Roots of any *Crocus*, neither your Eyes nor your Taste shall distinguish them from *Hermodactyls*.

### Sage.

**O**UR ordinary Garden Sage needeth no Description.  
*Time.]* It flowereth in or about July.

*Government and Vertues.]* Jupiter claims this, and bids me tell you, it is good for the Liver, and to breed Blood. A Decoction of the Leaves and Branches of Sage made and drunk, saith *Dioscorides*, provoketh Urine, bringeth down Womens Courses, helps to expel the dead Child, and causeth the Hair to become black. It stayeth the bleeding of Wounds, and cleanseth foul Ulcers or Sores. The said Decoction made in Wine, taketh away the Itching of the Cods, if they be bathed therewith. *Agrippa* saith, that if Women that cannot conceive by reason of the moist slipperiness of their Wombs, shall take a quantity of the Juice of Sage, with a little Salt, for four Days before they company with their Husbands, it will help them not only to conceive, but also to retain the Birth without Miscar-

Provoke Urine, Womens Courses, expels the dead Child, and After-birth, Head and Joints, stench Bleeding, cleanse Ulcers and Sores, Itching of the Cods, help Conception, and hinder Miscarriage, spitting Blood, Consumptions, Pains of the Head, Falling-sickness, Lethargy, dulness of Spirit, Palsy, Distractions of Rheum, Imposthume behind the Ears, Hoarseness and Cough, Bloody-flux, biting of Serpents, Worms in the Ears, or Sores, quicken the Senses, rying,

help Memory, sore Mouths  
and Throats, Cankers,  
Palsies, Cramp, Stitch in  
the Side.

rying. Orpheus saith, Three Spoon-  
fuls of the Juice of Sage taken  
fasting with a little Honey, doth  
presently stay the spitting or cast-  
ing up of Blood of them that are  
in a Consumption. These Pills are much commended;  
Take of Spicknard, Ginger, of each two Drams; of the  
Seed of Sage toasted at the Fire, eight Drams, of Long-pep-  
per 12 Drams; all these being brought into fine Powder,  
put thereto so much Juice of Sage as may make them into  
a Mass for Pills; taking a Dram of them every Morning fast-  
ing, and so likewise at Night, drinking a little pure Water  
after them. *Matthiolus* saith, it is very profitable for all  
manner of Pains of the Head coming of Cold and Rheuma-  
tick Humours; as also for all Pains of the Joints, whether  
inwardly or outwardly, and therefore helpeth the Falling-  
sickness, the Lethargy, such as are dull and heavy of Spi-  
rit, the Palsie; and is of much Use in all Defluxions of  
Rheum from the Head, and for the Diseases of the Chest  
or Breast. The Leaves of Sage and Nettles bruised toge-  
ther, and laid upon the Impoisthume that riseth behind the  
Ears, doth assuage it much. The Juice of Sage taken in  
warm Water, helpeth a Hoarsness and a Cough. The  
Leaves sodden in Wine, and laid upon the place affected  
with the Palsie, helpeth much, if the Decoction be drunk:  
Also Sage taken with Wormwood is good for the Bloody-  
flux. *Pliny* saith, it procures Womens Courses, and stay-  
eth them coming down too fast, helpeth the stinging and  
biting of Serpents, and killeth the Worms that breed in  
the Ears and in Sores. Sage is of excellent use to help  
the Memory, warming and quickening the Senses; and the  
Conserve made of the Flowers is used to the same pur-  
pose, and also for all the former recited Diseases. The  
Juice of Sage drunk with Vinegar hath been of good use  
in time of the Plague at all times. Gargles likewise are  
made with Sage, Rosemary, Honey-suckles, and Plantane,  
boild in Wine or Water, with some Honey or Allum put  
thereto, to wash sore Mouths and Throats, Cankers, or the  
secreet Parts of Man or Woman, as need requireth. And  
with other hot and comfortable Herbs, Sage is boiled  
to bathe the Body and Legs in the Summer-time, especi-  
ally

ally to warm cold Joints or Sinews, troubled with the Palsie and Cramp, and to comfort and strengthen the Parts. It is much commended against the Stitch or Pains in the Side, coming of Wind, if the Place be fomented warm with the Decoction thereof in Wine, and the Herb also after boiling be laid warm thereunto.

## Wood-Sage.

**Description.]** **W**ood-Sage riseth up with square hoary stalks, two Foot high at the least, with two Leaves set at every Joint, somewhat like other Sage-leaves, but smaller, softer, whiter, and rounder, and a little dented about the edges, and smelling somewhat stronger. At the tops of the stalks and branches stand the Flowers, on a slender-like spike, turning themselves all one way when they blow, and are of a pale and whitish colour, smaller than Sage, but hooded and gaping like unto them. The seed is blackish and round; four usually seem in a Husk together; the Root is long and stringy, with divers fibres thereat, and abideth many Years.

**Place.]** It groweth in Woods, and by Wood-sides; as also in divers Fields and by-Lanes in the Land.

**Time.]** It flowereth in June, July, and August.

**Government and Vertues.]** The Herb is under Venus. The Decoction of the Wood-Sage provoketh Urine and Womens Courses: It also provoketh Sweat, digesteth Humours and discusseth Swellings and Nodes in the Flesh, and is therefore thought to be good against the French Pox. The Decoction of the green Herb made

*Provokes Urine and Womens Courses, Sweat, Swellings in the Flesh, French Pox, Vein broken, Burstennes, Palsie, Ulcers, And Sores, green Wounds.*

with Wine, is a safe and sure Remedy for those who by Falls Bruises or Blows, doubt some Vein to be inwardly broken, to disperse and avoid the congealed Blood, and to consolidate the Veins. It is also good for such as are inwardly or outwardly bursten, the Drink used inwardly and the Herb used outwardly. The same used in the same manner is found to be a sure Remedy for the Palsie. The Juice of the Herb, or the Powder thereof dried, is good for moist Ulcers and Sores in the Legs, or other Parts, to dry them, and cause to heal more speedily. It is no less

effectual

effectual also in green Wounds to be used upon any occasion.

### Solomon's Seal.

**Descript.]** **T**HE common Solomon's Seal riseth up with a round Stalk half a yard high, bowing or bending down to the Ground, set with single Leaves one above another, somewhat large and like the Leaves of the Lilly-Convally, or May-Lilly, with an Eye of bluish upon the green, with some Ribs therein, and more yellowish underneath. At the foot of every Leaf almost from the bottom up to the top of the Stalk, come forth small, long, white and hollow pendulous Flowers, somewhat like the Flowers of May-Lilly, but ending in five long Points, for the most part two together at the end of a long Foot-stalk, and sometimes but one, and sometimes also two Stalks with Flowers at the foot of a Leaf, which are without any Scent at all; and stand all on one side of the Stalk. After they are past, come in their places small round Berries, green at the first, and blackish green, tending to blueness when they are ripe, wherein lie small, white, hard and stony Seeds. The Root is of the thickness of ones Finger or Thumb, white and knobbed in some Places, a flat round Circle representing a Seal, whereof it took the Name, lying along under the upper Crust of the Earth, and not growing downward, but with many Fibres underneath.

**Place.]** It is frequent in divers Places of this Land, as namely in a Wood two Miles from Canterbury, by Fish-Pool Hill; as also in a Bushy Close belonging to the Parsonage of Alderbury near Clarendon, two Miles from Salisbury, in Chesson Wood, on Chesson Hill, between Newington and Sittingburn in Kent, and divers other Places in Essex, and other Counties.

**Time.]** It flowereth about May: The Root abideth and shooteth anew every Year.

**Government and Vertues.]** Saturn owns the Plant, for he loves his Bones well. The Root of Solomon's Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to heal and close up the Lips of those that are green, and to dry up and restrain the Flux of Humours to those that are old. It is singular good to stay Vomitings and Bleeding, where

Wounds and Sores, Vomiting and Bleeding, Fluxes, running of the Reins, knit Joints and broken Bones in Man and Beast, Ruptures, Bruises and Falls, black and blue Marks, beautify the Face.

wheresoever, as also all Fluxes in Man or Woman, whethen Whites or Reds in Women, or the running of the Reins in Men; also to knit any Joint, which by Weakness useth to be often out of place, or will not stay in long when it is set; also to knit and join broken Bones in any part of the Body, the Roots being bruised and applied to the Place; yea, it hath been found by late Experience, that the Decoction of the Root in Wine, or the bruised Root put into Wine, or other Drink, and after a Night's Infusion, strain'd forth hard and drunk, hath helped both Man and Beast, whose Bones have been broken by any Occasion, which is the most assured Refuge of help to People of divers Counties of the Land that they can have: It is no less effectual to help Ruptures and Burstings, the Decoction in Wine, or the Powder in Broth or Drink, being inwardly taken, and outwardly applied to the Place. The same is also available for inward or outward Bruises, Falls or Blows, both to dispel the congealed Blood, and to take away both the Pains and the black and blue Marks that abide after the Hurt. The same also, or the distilled Water of the whole Plant, used to the Face, or other Parts of the Skin, cleanseth it from Morpew, Freckles, Spots or Marks whatsoever, leaving the Place fresh, fair and lovely; for which purpose it is much used by the *Italian Dames*.

## Samphire.

**Description.]** **R**ock Samphire groweth up with a tender green stalk about half a yard or two foot high at the most, branching forth almost from the very bottom, and stored with sundry thick and almost round, somewhat long leaves, of a deep green colour, sometimes together, and sometimes more on a stalk, and are sappy, and of a pleasant, hot and spicy Taste. At the tops of the Stalk and Branches stand Umbles of white Flowers, and after them comes large Seed bigger than Fennel-seed, yet somewhat alike. The Root is great, white and long, continuing many Years, and is of an hot spicy Taste likewise.

**Place.]** It groweth on the Rocks that are often moisten'd, at the least, if not over-flown with the Sea Water.

*Time.]*

*Time*] And it flowereth and seedeth in the end of July and August.

*Government and Vertues.*] It is an Herb of Jupiter, and was in former times wont to be used more than now it is; the

*Helps Digestion, open Obstructions, provokes Urine, expels Gravel and the Stone.*

more is the Pity. It is well known almost to every body, that ill Digestions and Obstructions are the Causes of most of the Diseases which the frail Nature of Man is subject to, both which might be re-

medied by a more frequent use of this Herb. If People would have Sawce to their Meat, they may take some for Profit as well as for Pleasure. It is a safe Herb, very pleasant both to Taste and Stomach, helping Digestion; and in some sort opening the Obstructions of the Liver and Spleen, provoketh Urine, and helping thereby to wash away the Gravel and Stone ingender'd in the Kidneys or Bladder.

## Sanicle.

*Descript.*] **O**rdinary Sanicle sendeth forth many great round Leaves, standing upon long brownish stalks, every one somewhat deeply cut or divided into five or six parts, and some of those also cut in somewhat like the Leaf of Crows-foot or Doves-foot, and finely dented about the edges, smooth, and of a dark green shining colour, and sometime redish about the brims from among which rise up small, round, green stalks, without any Joint or Leaf thereon, saving at the top, where it branches forth into Flowers, having a Leaf divided into three or four parts at that Joint with the Flowers, which are small and white, starting out of small, round greenish yellow Heads, many standing together in a tuft in which afterwards are the seed contained, which are small round Burs, somewhat like the Leaves of Cleavers, and stick in the same manner upon any thing that they touch. The Root is composed of many black strings or fibres, set together at a little long Head, which abideth with the green Leaves all the Winter, and perisheth not.

*Place.*] It is found in many shadowy Woods, and other Places of this Land.

*Time.*] It flowereth in June, and the Seed is ripe shortly after.

*Government and Vertues*] This is one of *Venus* her Herbs, to cure either Wounds, or what other Mischief *Mars* inflicteth upon the Body of Man. It is exceeding good to heal all Green Wounds speedily, or any Ulcers, Imposthumes, or Bleedings inwardly. It doth wonderfully help those that have any Tumours in any part of their Bodies; for it represseth and dissipateth the Humours, if the Decoction or Juice hereof be taken, or the Powder in Drink, and the Juice used outwardly; or there is not found any Herb that can give such present help, either to Man or Beast, when the Disease falleth upon the Lungs or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat and Privities, by gargling or washing with the Decoction of the Leaves and Root made in Water. and a little Honey put thereon. It helpeth to stay Womens Courses, and all other Fluxes of Blood; either by the Mouth. Urine or Stool, and Lasks of the Belly, the Ulceration of the Kidneys also, and the Pains in the Bowels, and Gonorrhea or Running of the Reins, being boiled in Wine or Water, and drunk. The same also is no less powerful to help any Ruptures or Burstings used both inwardly and outwardly: And briefly, it is effectual in binding, restraining, consolidating, heating, drying and healing, as Comfry, Bugle, Self-heal, or any other of the Confounders or Vulnerary Herbs whatsoever.

*Green Wounds, Ulcers, Imposthumes, inward Bleedings, Swelling, Ulcers in the Mouth, Throat and Privities, Womens Courses, Fluxes of Blood, Lasks, Ulcers in the Kidneys, Running of the Reins, Rupture.*

## Saracens Confound, or Saracens Wound-wort.

*Descript.*] **T**HIS groweth very high sometimes, with brownish stalks, and other awhile with green, and hollow to a Mans height, having many long and narrow green Leaves snip'd about the edges, somewhat like those of the Peach-tree, or Willow-leaves, but not of such a white green colour. The tops of the stalks are furnished with many pale yellow Star-like Flowers standing in green heads, which when they are fallen, and the seed ripe, which is somewhat long, small, and of a yellowish brown colour, wrapped in down, is therewith carried away with the Wind. The Root is composed of many strings or fibres set together at a Bead, which periseth not in Winter, but abideth, although the Stalks dry away, and no Leaf appeareth in the Winter. The taste hereof is strong and unpleasant, and so is the smell also.

*Place.*] It groweth in moist and wet Grounds, by Wood sides, and sometimes in the moist Places of the shady Groves as also by the Water-side.

*Time.*] It flowereth in July, and the Seed is soon ripe, and carried away with the Wind.

*Government and Vertues.* Saturn owns the Herb, and 'tis of a sober Condition like him. Among the Germans, this Wound-Herb is preferred before all other of the same Quality. Being boiled in Wine and drunk, it helpeth the Indis-

*Obstructions, Tellow Jaundice, Dropsie, Ulcers of the Reins, inward Wounds, and Bruises, Pains in the Body, Mother, Agues, - green Wounds, old Sores, or Ulcers in the Mouth or Throat, Sores in the Privy Parts.*

position of the Liver, and freeth the Gall from Obstructions, where by it is good for the Yellow Jaundice, and for the Dropsie in the beginning of it, for all inward Ulcers of the Reins, or elsewhere, and inward Wounds and Bruises: And being steeped in Wine, and then distilled, the Water thereof drunk is singular good to ease all Gnaw-

ings in the Stomach, or other Pains of the Body, as also the Pains of the Mother: And being boiled in Water, it helpeth continual Agues: and this said Water, or the simple Water of the Herb distilled, or the Juice or Decoction, are very effectual to heal any green Wound, or old Sore or Ulcer whatever, cleansing them from Corruption, and quickly healing them up. It is no less effectual for the Ulcers in the Mouth or Throat, be they never so foul or stinking, by washing or gargling them therewith; and likewise for such Sores as happen in the Privy Parts of Men or Women. Briefly, whatsoever hath been said of Bugle or Sanicle may be found herein.

Sawce alone, or Jack by the Hedge-side.

*Descrip.*] **T**HE lower Leaves of this are rounder than those that grow towards the tops of the stalks, and are set singly on a Joint, being somewhat round and broad, pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green colour, not rough or prickling: The Flowers are very small and white, growing at the top of the stalks one above another, which being past, there follow small and long round Pods, wherein are contained small round Seeds somewhat blackish. The Root is stringy and thready, perishing every Year after it hath given

ven Seed, and raiseth it self again of its own sowing. The Plant, any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

*Place.*] It groweth under Walls, and by Hedge-sides, and path-ways in Fields in many Places.

*Time.* It flowereth in June, July, and August.

*Government and Vertues.* It is an Herb of Mercury. This eaten by many Country-People as Sauce to their Salt-Fish, and helpeth well to digest the Crudities and other corrupt humours ingender'd thereby: It warmeth also the Stomach, and causeth Digestion: the Juice

hereof boiled with Honey, is accounted to be as good as Hedge-Mustard for the Cough, to cut and expectorate the tough Phlegm.

*Helps Digestion, Cough, Tough Phlegm, Wind Cholick, Stone, Ulcers in the Legs.*

The Seed bruised and boiled in Wine, is a singular good Remedy for the Wind-Cholick, or the Stone, being drunk warm: It is also given to Women troubled with the Mother, both to drink, and the Seed put into a Cloth and applied while it is warm, is of singular good use. The Leaves also, or Seed boiled, is good to be used in Clisters to ease the Pains of the Stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

## Winter and Summer Savory.

Both these are so well known, (being entertained as constant Inhabitants in our Gardens) that they need no Description.

*Government and Vertues.* Mercury claims the Dominion over this Herb, neither is there a better Remedy against the Cholick and Iliac Passions than this Herb; keep it dry by you all the Year if you love your self and your ease, and 'tis a hundred Pound to a Penny if you do not; keep it dry, make Conserves and Syrups of it for your use; and withal, take notice that the Summer-kind

*Cholick, Iliac Passion, expelleth Wind, Mother provokes Urine and Womens Courses, tough Phlegm, Lethargy, Dull Sight, stinging in the Ears and Deafness, Sciatica, and Palsie, stinging of Bees, &c.*

is the best. They are both of them hot and dry, especial the Summer-kind, which is both sharp and quick in Taste expelling Wind in the Stomach and Bowels. and is a present help for the rising of the Mother procured by Wind, provoketh Urine and Womens Courses, and is much commended for Women with Child to take inwardly, and to smother often unto. It cureth tough Phlegm in the Chest and Lungs and helpeth to expectorate it the more easily; quicken the dull Spirits in the Lethargy, the Juice thereof being snuffed or cast up into the Nostrils: The Juice dropped into the Eyes, cleareth a dull Sight, if it proceed of thin cold Humours distilling from the Brain. The Juice heated with Oil of Roses, and dropped into the Ears, easeth them of the Noise and Singing in them, and of Deafness also: Outwardly applied with Wheat-flower in manner of a Pultis, it giveth ease to the Sciatica and Palsied Members, heating and warming them; and taketh away their Pains. It also taketh away the Pain that comes by stinging of Bees, Wasps, &c.

### Savin.

**T**O describe a Plant so well known, is needless, it being nursed up almost in every Garden, and abiding green all the Winter.

*Government and Vertues.*] It is under the Dominion of Mars, being hot and dry in the third Degree, and being of exceeding clean Parts, is of a very digesting Quality.

*Ulcers, cleanseth Fistula's, Carbuncles, Plague-sores, King's-evil, Worms, Scabs, Itch, Running-sores, Cankers, Tetters, Ring-worms, Venereal-sores.*

you dry the Herb into Powder, and mix it with Honey, it is an excellent Remedy to cleanse old filthy Ulcers and Fistula's; but it hinders them from healing. The same is excellent good to break Carbuncles and Plague-sores; also helpeth the King's-Evil, being applied to the Place. Being spread over a piece of Leather, and applied to the Navel, kills the Worms in the Belly, helps Scabs and Itch, Running-Sore Cankers, Tetters and Ring-worms; and being applied to the Place, may happily cure Venereal Sores. This I thought good to speak of, as it may be safely used outwardly; for inwardly it cannot be taken without manifest Danger.

## The common White Saxifrage.

**Descript.]** THIS hath a few small reddish Kernels of Roots, covered with some Skins, lying among divers small blackish Fibres, which send forth divers round, faint or yellowgreen Leaves, and grayish underneath, lying above the ground, unevenly dented about the edges, and somewhat hairy, every one upon a little Footstalk; from whence riseth up a round, brownish, hairy, green stalk, two or three foot high, with a few such like round Leaves as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white Flowers of five Leaves a-piece, with some yellow breads in the middle, standing in a long crested, brownish, green Husk. After the Flowers are past, there ariseth sometimes a round hard Head, forked at the top, wherein is contained small blackish Seed, but usually they fall away without any Seed; and it is the Kernels or Grains of the Root which are usually called the White Saxifrage Seed, and so used.

**Place.]** It groweth in many Places of our Land, as well in the lowermost, as in the upper dry corners of Meadows, and grassy, sandy Places: It is used to grow near Lamb's Conduit, on the backside of Gray's-Inn.

**Time.]** It flowereth in May, and is then gathered as well for that which is called the Seed, as to distill, for it quickly perisheth down to the Ground when any hot Weather comes.

**Government and Vertues.]** It is very effectual to cleanse the Reins and Bladder, and to dissolve the Stone ingendered in them, and to expel it and the Gravel by Urine, to provoke Urine, being stopped, and to help the Strangury; for which purpose the Decoction of the Herb or Roots

*Cleanseth the Reins Stone, Gravel, provokes Urine, Womens Courses, tough Phlegm.*

in White-Wine, is most usual, or the Powder of the small kernelly Root, which is called the Seed, taken in White-Wine, or in the same Decoction made with White-Wine, is most usual. The distilled Water of the whole Herb, Root and Flowers, is most familiar to be taken. It provoketh also Womens Courses, and freeth and cleanseth the Stomach and Lungs from thick and tough Phlegm that troubles them. There are not many better Medicines to break the Stone than this.

## Burnet Saxifrage.

*Descript.]* **T**HE greater sort of our English Burnet Saxifrage groweth up with divers long Stalks of winged Leaves directly opposite one to another on both sides, each being somewhat broad, and a little pointed and dented about the edges, of a sad green Colour. At the top of the Stalks stand Umbles of white Flowers; and which come small and blackish Seed. The Root is long and white abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour with the former. The Umbles of Flowers are white, and the Seed very small, and so is the Root, being also somewhat hot and quick in taste.

*Place.]* These grow in most Meadows of this Land, and are easie to be found, being well sought for among the Grass, wherein many time they lie hid scarcely to be discerned.

*Time.]* They flower about July, and their Seed is ripe in August.

*Government and Vertues.* They are both of them Herbs under the Moon. The Saxifrages are as hot as Pepper; and *T. G.* saith, by his Experience, that they are wholesome. They have the same Properties the Parsleys have but in provoking Urine, and easing the Pains hereof, and of the Wind and Cholick are much more effectual the Roots or Seed being

used either in Powder, or in Decoction, or any other way and likewise helpeth the windy Pains of the Mother, and procure their Courses, and to break and void the Stone in the Kidneys, to digest cold, viscous and tough Phlegm in the Stomach and is an especial Remedy against all kind of Venereal Castoreum being boiled in the distilled Water thereof, is singular good to be given to those that are troubled with the Cramps and Convulsions. Some do use to make the Seed into Comfits (as they do Carraway-Seeds) which is effectual to all the Purposes aforesaid. The Juice of the Herb dropped into the most grievous Wound of the Head, drieth up their Moisture, and healeth them quickly. Some Women use the

Distille

Distilled Water to take away Freckles, or Spots in the Skin or Face; and to drink the same sweeten'd with Sugar for all the Purposes aforesaid.

## Scabious, three Sorts.

**Descript.]** **C**ommon Field Scabious, groweth up with many hairy, soft, whitish green Leaves, some whereof are but very little, if at all jagged on the edges, others very much rent and torn on the sides, and have Threads in them, which upo the breaking may be plainly seen; from among which rise up divers hairy green stalks, three or four foot high, with such like hairy green Leaves on them, but more deeply and finely divided, branched forth a little: At the tops thereof, which are naked and bare of Leaves for a good space, stand round heads of Flowers of pale, bluish colour, set together in a head, the outermost whereof are larger than the inward, with many Threads also in the middle, somewhat flat at the top, as the head with Seed is likewise; the Root is great, white and thick, growing down deep in the Ground, and abideth many Years.

There is another sort of Field-Scabious different in nothing from the former, but only it is smaller in all respects.

The Corn-Scabious differeth little from the first, but that it is greater in all respects, and the Flowers more inclining to Purple; and the Root creepeth under the upper Crust of the Earth, and runneth not deep into the Ground as the first doth.

**Place.** The first groweth more usually in Meadows, especially about London every where.

The second in some of the dry Fields about this City, but not so plentifully as the former.

The third in standing Corn, or fallow Field, and the Borders of such like Fields

**Time]** They flower in June and July, and some abide flowering until it be late in August, and the Seed is ripe in the mean time.

There are many other sorts of Scabious; but I take these which I have here described to be most familiar with us: The Vertues of both these, and the rest being much alike, take them as followeth.

**Government and Vertues]** Mercury owns the Plant. Scabious is very effectual for all sorts of Coughs, shortness of Breath, and all other Diseases of the Breast and Lungs, ripening

*Cough and Shortness of Breath, Cold, Phlegm, Inward Ulcers and Imposthumes, Pleurisy, Infection, Carbuncles or Plague-Sores, Pains or Stitches in the Side, Scabs, Tetters, Ring-Worms, Itch, inward Wounds, cold Swellings, shrunk Sinews, Freckles and Pimples, Morpew, and Leprosie, Dandriff, and Scurf, Green Wounds, old Sores, and Ulcers, Thorns and broken Bones, &c.*

and digesting cold Phlegm and other tough Humours, voideth them forth by Coughing and Spitting. It ripeneth also all sorts of inward Ulcers and Imposthumes, Pleurisy also, if the Decoction of the Herb dry or green be made in Wine and drunk for some time together. Four Ounces of the clarified Juice of Scabious taken in the Morning fasting with a Dram of Mithridate or Venice-Treacle, freeth the Heart from any Infection of Pestilence if after the taking of it, the Patient sweat two Hours in Bed, and this Medicine be again and again repeated if need require. The green Herb bruised and applied to

any Carbuncle or Plague Sore, is found by certain Experience to dissolve and break it in three Hours Space. The same Decoction also drunk helpeth the Pains and Stitches in the Sides. The Decoction of the Roots taken for forty Days together, or a Dram of the Powder of them taken at a time in Whey, doth (as *Matthiolas* saith) wonderfully help those that are troubled with running or spreading Scabs, Tetters, Ring worms, yea although they proceed from the French-Pox, which, he saith, he hath tried by Experience. The Juice or Decoction drunk, helpeth also Scabs and Breakings out of the Itch, and the like. The Juice also made up into an Ointment and used is effectual for the same purpose. The same also helpeth all inward Wounds by the drying, cleansing, and helping Quality therein. And a Syrup made of the Juice and Sugar, is very effectual to all the Purposes aforesaid and so is the distilled Water of the Herb and Flowers made in due Season; especially to be used when the green Herb is not in force to be taken. The Decoction of the Herb and Roots outwardly applied, doth wonderfully help all sorts of hard or cold Swellings in any Part of the Body, and is as effectual for any shrunk Sinews or Veins. The Juice of Scabious made up with the Powder of Borax and Samphire, cleanseth the Skin of the Face, or other Parts of the Body, not only from Freckles and Pimples,

ples, but also from Morpew and Leprosie. The Head washed with the same Decoction, cleanseth it from Dan-driffs, Scurf, Sores, Itch, and the like, being used warm. Tents also dipped in the Juice or Water thereof, not only healeth all green Wounds, but old Sores and Ulcers also. The Herb also bruised and applied, doth in a short time loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow-head, or other such like thing lying in the Flesh.

## Scurvy Grass.

**Descript.]** OUR ordinary English Scurvy-grass hath many thick fat Leaves more long than broad, and sometimes longer and narrower; sometimes also smooth on the edges, and sometimes a little weaved; sometimes plain, smooth, and pointed; sometimes a little hollow in the middle, and round pointed; of a sad green, and sometimes a bluish colour, every one standing by it self, upon a long Foot-stalk, which is brownish or greenish also; from among which rise many slender stalks, bearing few Leaves thereon like the other, but longer and lesser for the most part. At the tops whereof grow many whitish Flowers, with yellow Threads in the middle, standing about a green Head, which becometh the Seed-Vessel, which will be somewhat flat when it is ripe, wherein is contained reddish Seed, tasting somewhat hot. The Root is made of many white Strings, which stick deeply in the Mud, wherein it chiefly delights; yet it will well abide in the more upland and drier Grounds, and tasteth a little brackish and salt even there, but not so much as where it hath the salt Water to feed upon.

**Place.]** It groweth all along the Thames side, both on the Essex and Kentish Shores, from Woolwich round about the Sea-Coasts to Dover, Portsmouth, and even to Bristol, where it is had in Plenty; the other with round Leaves groweth in the Marshes in Holland in Lincolnshire, and other Places of Lincolnshire by the Sea-side.

**Description.]** There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which have divers fresh, green and almost round leaves rising from the Root, nothing so thick as the former; yet in some rich ground very large, even twice so big as in others, not dexted about the edges, or hollow in the middle, every one standing on a long Foot-stalk: From among these rise up

divers long, slender, weak Stalks, higher than the former, and with more white Flowers at the tops of them, which turn into small Pale and smaller brownish seed than the former. The Root is white, smooth and thready. The taste of this is nothing salt at all, hath a hot Aromatical spicy taste.

**Time**] It flowereth in April and May, and giveth Seed ripe quickly after.

**Government and Vertues.**] It is an Herb of Jupiter. The English Scurvey-grass is more used for the salt taste it beareth which doth somewhat open and cleanse; but the Dutch Scurvey-grass is of better effect, and chiefly used (if it may be had) by those that have the Scurvy.

*Scurvy, Liver, and Spleen, phlegmatick Humours, foul Ulcers, and sore Mouths, Spots and Scars in the Skin.*

especially to purge and cleanse the Blood, the Liver and Spleen for all which Diseases it is of singular good effect, by taking the Juice in the Spring every Morning fasting in a cup of Drink.

The Decoction is good for the same purpose, and the Herbs tumbled up in new Drink, either by it self, or with other things; for it openeth Obstructions, evacuating cold, clammy, and phlegmatick Humours, both from the Liver and the Spleen, wasting and consuming both the swelling and hardness thereof, and thereby bringing to the Body a more lively colour. The Juice also helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith; and used outwardly, cleanseth the Skin from Spots, Marks or Scars that happen therein.

### Self-Heal.

It is called also Prunel, Carpenters Herb, Hook heal, and Sickel-wort.

**Description.]** THE common Self-heal is a small, low, creeping Herb, having many small roundish pointed Leaves somewhat like the Leaves of wild Mints, of a dark green colour without any dents on the edges: From among which rise divers square hairy stalks, scarce a foot high, which spread sometimes into branches with divers small Leaves set thereon, up to the tops, where stand brown spiked heads, of many small brownish Leaves like scales, and flowers set together, almost like the head of Cassidony, which flowers are gaping, and of a bluish purple, or more pale blue, in some places sweet.

sweet, but not so in others. The Root consists of many strings or fibres downward, and spreadeth strings also whereby it increaseth. The small stalks, with the Leaves creeping upon the Ground, shoot forth fibres taking hold on the Ground, whereby it is made a great Tuft in a short time.

*Place* It is found in Woods and Fields every where.

*Time.* It flowereth in May, and sometimes in April.

*G.overnment and Vertues.* Here is another Herb of *Venus*, *Self-heal*, whereby when you are hurt you may heal your self: 'Tis a special Herb for inward and outward Wounds. Take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaisters for outward. As *Self heal* is like Bugle in Form, so also in the Qualities and Vertues, serving for all the purposes where-

*Inward Wounds and Ulcers, Bruises, Flux of Blood, foul Sores, Green Wounds, Head-ach, Sores in the Mouth or Throat, and secret Parts.*

to Bugle is applied with good Success, either inwardly or outwardly, for inward Wounds or Ulcers, wheresoever within the Body, for Bruises or Falls, and such like Hurts. If it be accompanied with Bugle, Sanicle, and other the like Wound Herbs, it will be more effectual to wash or inject into Ulcers in the Parts outwardly, where there is cause to repress the heat and sharpness of Humours flowing to any sore Ulcers, Inflammations, Swellings, or the like, or to stay the Flux of Blood in any Wound or Part; this is used with good Success; as also to cleanse the Foulness of Sores, and cause them more speedily to be healed. It is an especial Remedy for all Green Wounds to fodder the Lips of them, and to keep the Place from any further Inconveniencies. The Juice hereof used with Oil of Roses to anoint the Temples and Forehead, is very effectual to remove the Head-ach, and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat, and those also in the Secret Parts. And the Proverb of the *Germans, French*, and others, is verified in this, *That he needeth ne ther physician nor Chirurgion that bath Self-heal and Sanicle to help himself.*

## The Service-Tree.

**I**T is so well known in the Place where it grows, that it needeth no Description.

*Time.*] It flowereth before the end of *May*, and the Fruit is ripe in *October*.

*Government and Vertues.*] *Servicas*, when they are mellow, are fit to be taken to stay Fluxes, Scouring and Casting, yet less than Medlers. If they be dried before they be mellow, and kept all the Year, they may be used in Decoctions for the said purpose, either to drink, or to bathe the Parts requiring it; and are profitably used in that manner to stay the Bleeding of Wounds, and at the Mouth or Nose, to be applied to the Forehead, and Nape of the Neck; and are under the Dominion of *Saturn*.

*Fluxes, Scourings, and Castings, Bleedings at Wounds, or at Mouth and Nose.*

are fit to be taken to stay Fluxes, Scouring and Casting, yet less than Medlers. If they be dried before they be mellow, and kept all the Year, they may be used in Decoctions for the said purpose,

either to drink, or to bathe the Parts requiring it; and are profitably used in that manner to stay the Bleeding of Wounds, and at the Mouth or Nose, to be applied to the Forehead, and Nape of the Neck; and are under the Dominion of *Saturn*.

## Shepherd's Purse.

**I**T is also called Whoreman's Permacity, Shepherd's-Script, Shepherd's-Pounce, Toy-wort, Pick-Purse, and Case-wort.

*Description.*] The Root is small, white, and perisbeth every Year. The Leaves are small and long, of a pale green colour, and deeply cut in on both sides, amongst which springeth up a stalk which is small and round, containing small Leaves upon it even to the top. The Flowers are white, and very small; afterwards come the little Cases which hold the Seed, which are flat, almost in the form of a Heart.

*Place.*] They are frequent in this Nation, almost by every Path-side.

*Time.*] They flower all the Summer long; nay, some of them are so fruitful, that they flower twice a Year.

*Government and Vertues.*] It is under the Dominion of *Saturn*, and of a cold, dry, and binding Nature, like to him. It helps all Fluxes of Blood, either caused by inward or outward Wounds; as also Flux of the Belly, and Bloody Flux, spitting and pissing of Blood, stops the Terms in Women; being bound to the Wrists of the Hands, and the

*Stops Fluxes, Flux of the Belly, spitting and pissing Blood, Terms stops, Yellow-Jaundice, Pains, Noise, and Mutterings in the Ears, Wounds.*

the Soles of the Feet, it helps the Yellow-Jaundice. The Herb being made into a Pultis, helps Inflammations, and St. *Anthony's* Fire. The Juice being dropped into the Ears, helps the Pains, Noises, and Matterings thereof. A good Ointment may be made of it for all Wounds, especially Wounds in the Head.

### Smallage.

**T**HIS is also very well known, and therefore I shall not trouble the Reader with any Description thereof.

*Place.*] It groweth naturally in wet and marshy Ground; but if it be sown in Gardens, it there prospereth very well.

*Time*] It abideth green all the Winter, and seedeth in *August*.

*Government and Vertues.*] It is an Herb of *Mercury*. Smallage is hotter, drier, and much more medicinal than *Parley*, for it much more openeth Obstructions of the Liver and Spleen, rarifieth thick Phlegm, and cleanseth it and the Blood withal. It provoketh Urine and Womens Courses, and is singular good against the Yellow Jaundice, Tertian and Quartan Agues, if the Juice thereof be taken, but especially made up into a Syrup. The

*Liver and Spleen, Urine, and Womens Courses, Yellow-Jaundice, Agues, sore Mouths and Throats, Ulcers and Cankers, Wind, Worms, stinking Breath.*

Juice also put to Honey of Roses, and Barley-water, is very good to gargle the Mouth and Throat of those that have Sores and Ulcers in them, and will quickly heal them. The same Lotion also cleanseth and healeth all other foul Ulcers and Cankers elsewhere, if they be washed therewith. The Seed is especially used to break and expel Wind, to kill Worms, and to help a stinking Breath. The Root is Effectual to all the Purposes aforesaid, and is held to be stronger in Operation than the Herb, but especially to open Obstructions, and to rid away any Ague, if the Juice thereof be taken in Wine, or the Decoction thereof in Wine be used.

## Sope-wort, or Bruise-wort.

**Descript.]** **T**HE Root creepeth under Ground far and near, with many Joints therein, of a brown Colour on the outside and yellowish within, shooting forth in divers places many weak round Stalks, full of Joints, set with two Leaves a-piece at every one, them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common Field white Campian Leaves, seldom having any Branches from the sides of the Stalks, but set with divers Flowers at the top, standing in long Husks like the wild Campians, made of five Leaves a-piece, round at the Ends, and a little dented in the Middle, of a pale Rose-colour, almost white, sometime deeper, sometimes paler; of a reasonable good Scent.

**Place.]** It groweth wild in many low and wet Grounds of this Land, by the Brooks and Sides of running Waters.

**Time.]** It flowereth usually in July, and so continueth all August, and part of September, before they be quite spent.

**Government and Vertues.]** Venus owns it. The Country People in divers Places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers,

**Cut Fingers, provokes Urine, expels Gravel, and Stone, Dropſie, French Pox.** Hands or Legs, when they are cut, to heal them up again. Some make great boast thereof, that it is diuretical to provoke Urine and thereby to expel Gravel and the Stone

in the Reins or the Kidneys, and do also account it singular good to avoid Hydropical Waters, thereby to cure the Disease of the Dropſie. And they no less extol it to perform an absolute Cure in the French Pox, more than either Sassa-parilla, Guaiacum, or China, can do; which, how true it is, I leave others to judge.

## Sorrel.

**O**UR ordinary Sorrel, which grows in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

**Government and Vertues.]** It is under the Dominion of Venus. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and Heat of Blood in Cooleth Inflammations, Agues, pestilential or cholerick, or and Heat of Blood, Agues, Sickneſs and Fainting, rising from Heat

Heat, and to refresh the over-spent Spirits with the Violence of furious or fiery Fits of Agues; to quench Thirst, and procure an Appetite in fainting or decaying Stomachs: For it resisteth the Putrefaction of the Blood, killeth Worms, and is a Cordial to the Heart, which the Seed doth more effectually, being more drying and binding, and thereby stayeth the hot Fluxes of Womens Courses, or of Humours in the Bloody-Flux, or Flux of the Stomach. The Root also in a Decoction, or in Powder, is effectual for all the said Purposes. Both Roots and Seed as well as the Herb, are held powerful to resist the Poison of the Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expel the Gravel and the Stone in the Reins or Kidneys. The Decoction of the Flowers made with Wine and drunk, helpeth the Black Jaundice, as also the inward Ulcers of the Body or Bowels. A Syrup made with the Juice of Sorrel and Fumitory, is a Sovereign Help to kill those sharp Humours that cause the Itch. The Juice thereof with a little Vinegar, serveth well to be used outwardly for the same Cause, and is also profitable for Tetters, Ring-worms, &c. It helpeth also to discuss the Kernels in the Throat; and the Juice gargled in the Mouth, helpeth the Sores therein. The Leaves wrapt up in a Colewort-leaf, and roasted under the Embers, and applied to a hard Imposthume, Botch, Boil or Plague-Sore, do both ripen and break it. The distilled Water of the Herb is of much good Use for all the Purposes aforesaid.

quench Thirst, provokes Appetite, kills Worms, Womens Courses, Fluxes, Poison, Jaundice, inward Ulcers, Itch, Tetters and Ring-worms, Kernels in the Throat, sore Mouths, Imposthumes, Boil or Plague-Sore.

### Wood-Sorrel.

**Descript.]** THIS groweth low upon the Ground, having a Number of Leaves coming from the Root, made of three Leaves, like a Trefoil, but broad at the Ends, and cut in the middle, of a faint yellowish green Colour, every one standing on a long Foot-stalk, which at their first coming up are close folded together to the Stalk, but opening themselves afterwards, and are of a fine sour Relish, and yielding a Juice which will turn red when it is clarified, and maketh a most dainty clear Syrup. Among these Leaves rise up divers slender, weak Foot-stalks, with every one of them a Flower at the top, consisting of five

*five small pointed Leaves, Star-fashion, of a white Colour in most Places, and in some, dash'd over with a small Show of a bluish, on the back-side only. After the Flowers are past, follow small round Heads, with small yellowish seed in them. The Roots are nothing but small Strings fastened to the end of a small long piece; all of them being of a yellowish Colour.*

*Place.]* It groweth in many Places of our Land, in Woods and Wood-sides, where they be moist and shadowed and in other Places not too much open to the Sun.

*Time.]* It flowereth in April and May.

*Government and Vertues.]* Venus owns it. Wood-Sorrel serveth to all the Purposes that the other Sorrels do, and is more effectual in hindering Putrefaction of Blood, and Ulcers in the Mouth and Body, and in cooling and tempering Heats

*Uicers, Inflammations, procure Appetite, Pestilential Fevers, hot Swellings, Canker or Ulcer in the Mouth, Wounds or Stabs, Defluxions.* Thirst, to strengthen a weak Stomach, to procure an Appetite, to stay Vomiting, and very excellent in any contagious Sickness, or pestilential Fevers. The Syrup made of the Juice is effectual in all the Cases aforesaid, and so is the distilled Water of the Herb also.

Spunges or Linnen Cloths wet in the Juice, and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them. The same Juice taken and gargled in the Mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker, or Ulcers therein. It is singular good in Wounds, Thrusts and Stabs in the Body, to stay Bleeding, and helpeth to stay any hot Defluxions in the Throats or Lungs, and to cleanse and heal the Wounds speedily.

### Sow-Thistle.

**S**ow-Thistles are generally so well known, that they need no Description.

*Place.]* They grow in Gardens and manured Grounds, sometimes by old Walls, Pathsides of Fields, and High-ways.

*Government and Vertues.]* This and the former are under the Influence of Venus. Sow-Thistles are cooling, and somewhat binding, and are very fit to cool an hot Stomach, and to ease the gnawing Pains thereof. The Herb boiled in

in Wine, is very helpful to stay the Dissolution of the Stomach, and the Milk that is taken from the Stalks when they are broken : Given in Drink, is beneficial to those that are short winded, and have a wheezing withal. *Pliny* saith, That it hath caused the Gravel and Stone to be voided by Urine, and that the eating thereof helpeth a stinking Breath. Three Spoonfuls of the Juice thereof taken in White-wine warmed, and some Oil put thereto, causeth Women in Travail to have so easie and speedy Delivery, that they may be able to walk presently after. The said Juice taken in warm Drink, helpeth the Strangury, and Pains in making Water. The Decoction of the Leaves and Stalks causeth abundance of Milk in Nurses, and their Children to be well colour'd and is good for those whose Milk doth curdle in their Breasts. The Juice boiled, or thoroughly heated with a little Oil of bitter Almond in the Peel of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, singings, and all other Diseases in them. The Herb bruised, or the Juice, is profitably applied to all hot Inflammations in the Eyes, or wheresoever else ; and for Wheals, Blisters, or other the like Eruption or Heat in the Skin ; as also for the Heat and Itching of the Hemorrhoids, and the Heat and Sharpness of Humours in the secret Parts of Man or Woman. The distilled Water of the Herb, is not only effectual for all the Diseases aforesaid, to be taken inwardly with a little Sugar, (which Medicine the daintiest Stomach will not refuse) but outwardly, by applying Cloths or Sponges wetted therein. It is wonderfully good for, Women to wash their Faces therewith, to clear the Skin and give a Lustre thereto.

*Pain and Heat of the Stomach, short Wind and Wheezing, Gravel and Stone, stinking Breath, Speedy Delivery, Strangury, Milk increased, Deafness, and singings in the Ears, inflamed Eyes, Wheals and Blisters, Hemorrhoids ; clear the Face.*

### Southern-Wood.

**S**outhern-wood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof.

*Time* ] It flowereth for the most part in July and August.

Govern.

Government and Vertues.] It is a gallant Mercurial Plant worthy of more Esteem than it hath. *Dioscorides* saith, That the Seed bruised, heated in warm Water, and drunk, helpeth those that are bursten, or troubled with Cramps or Convulsions of the Sinews, the Sciatica, or difficulty in making Water, and bringing down Womens Courses. The same taken in Wine is an Antidote, or Counter-poyson against all deadly Poyson, and driveth away Serpents and other venomous Creatures; as also the Smell of the Herb, being

burnt, doth the same. The Oil thereof anointed on the Back-bone before the Fits of Agues come, taketh them away. It taketh away Inflammations in the Eyes if it be put with some part of a roasted Quince, and boiled with a few Crumbs of Bread, and applied. Boiled with Barley-meal, it taketh away Pimples, Pushees or Wheals that arise in the Face, or other Parts of the Body. The Seed, as well as the dried Herb, is often given to kill the Worms in Children: The Herb bruised and laid to, helpeth to draw forth Splinters and Thorns out of the Flesh. The Ashes thereof drieth up and healeth old Ulcers, that are without Inflammation, although by the Sharpness thereof it biteth sore, and putteth them to sore Pains; as also the Sores in the Privy Parts of Man or Woman. The Ashes mingled with old Salad-Oil, helpeth those that have Hair fallen, and are bald, causing the Hair to grow again either on the Head or Beard. *Darantes* saith, That the Oil made of Southernwood, and put among the Ointments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled Water of the Herb is said to help them much that are troubled with the Stone, as also for the Diseases of the Spleen and Mother. The *Germans* commend it for a singular Wound-herb, and therefore call it *Stab-wort*. It is held by all Writers, ancient and modern, to be more offensive of the Stomach than Wormwood.

# Spignel.

**Descript.]** **T**HE Roots of common Spignel do spread much and deep in the Ground, many Strings or Branches growing from one Head, which is hairy at the top, of a blackish brown Colour on the Outside, and white within, smelling well, and of an Aromatical Taste, from whence rise sundry long stalks of most fine cut Leaves like Hairs, smaller than Dill, set thick on both sides of the Stalks, and of a good Scent. Among these Leaves rise up round stiff Stalks, with a few Joints and Leaves on them, and at the Tops an Umbel of fine pure white Flowers. At the Edges whereof sometimes will be seen a Shew of the reddish bluish Colour, especially before they be full blown, and are succeeded by small, somewhat round Seeds, bigger than the ordinary Fennel, and of a brown Colour, divided into two Parts, and crusted on the Back, as most of the umbelliferous Seeds are.

**Place.]** It groweth wild in Lancashire, Yorkshire, and other Northern Counties, and is also planted in Gardens.

**Government and Vertues.]** It is an Herb of Venus. Galen saith, The Roots of Spignel are available to provoke Urine, and Womens Courfes; but if too much thereof be taken, it causeth Head-ach: The Roots boiled in Wine or Water, and drunk, helpeth the Stranguary and Stoppings of the Urine, the Wind, Swellings and Pains in the Stomach, Pains of the Mother, and all Joint-aches. If the Powder of the Root be mixed with Honey, and the same taken as a licking Medicine, it breaketh tough Phlegm, and drieth up the Rheum that falleth on the Lungs. The Roots are accounted very effectual against the stinging or biting of any venomous Creature, and is one of the Ingredients in Mithridate, and other Antidotes of the same.

Provoke Urine and Womens Courfes, Stranguary, Pain in the Stomach, Mother, Joint-aches, tough Phlegm, Venomous Creatures.

# Spleen-Wort, or Ceterach.

**Descript.]** **T**HE smooth Spleen-wort, from a black, thready and and bushy Root, sendeth forth many long single Leaves, cut in on both sides into round Dents, almost to the middle,

de, which is not so hard as that of Polipody, each Division being not always set opposite unto the other, cut between each smooth, and of a light green on the upper side, and a dark yellowish roughness on the back, folding or rowling it self inward at the first springing up.

Place.] It groweth as well upon Stone walls, as moist and shadowy Places, about Bristol, and other the West Parts plentifully; as also on Framingham Castle, on Beaconsfield Church in Berkshire, at Stroade in Kent, and elsewhere, and abideth green all the Winter.

Government and Vertues.] Saturn owns it. It is generally used against Infirmities of the Spleen, Strangury. Stone, Yellow Jaundice, Running of the Reins, Melancholy Diseases.

It helpeth the Strangury, and wasteth the Stone in the Bladder, and is good against the Yellow Jaundice, and the Hiccough; but the Juice of it in Women hindereth Conception. Matthiolus saith, That if a Drachm of the Dust that is on the Backside of the Leaves be mixed with half a Drachm of Amber in Powder, and taken with the Juice of Purslane or Plantane, it helps the running of the Reins speedily, and that the Herb and Root being boiled and taken, helpeth all melancholy Diseases, and those especially that arise from the French Disease. Cameraarius saith, That the distilled Water thereof being drunk, is very effectual against the Stone in the Reins and Bladder; and that the Lye that is made of the Ashes thereof, being drunk for some time together, helpeth splenetick Persons. It is used in outward Remedies for the same Purpose.

### Star-Thistle.

Descript.] A Common Star-Thistle hath divers long and narrow Leaves lying next the Ground, cut or torn on the Edges, somewhat deeply into many, almost even, parts, soft, or a little woolly all over the Green, among which rise up divers weak Stalks, parted into many Branches, all lying or leaning down to the Ground, that it seemeth a pretty Bush, set with divers the like divided Leaves up to the Tops, where severally do stand long and small whitish green Heads, set with sharp and long white Pricks, [no part of the Plant being else prickly] which are somewhat yellowish; out of the middle whereof riseth the Flower composed of many small reddish purple

*purple Threads; and in the Heads, after the Flowers are past, come small whitish round Seeds, lying down as others do. The Root is small, long, and woody, perishing every Year, and rising again of their own growing.*

*Place*] It groweth wild in the Fields about London in many Places, as at *Mile end-Green*, in *Hinsbury Fields* beyond the Wind-mills, and many other Places.

*Time*] It flowereth early, and seedeth in July, and sometimes in August.

*Government and Vertues.*] This, as almost all Thistles, are under *Mars*. The Seed of this Star-Thistle made into Powder, and drunk in Wine, provoketh Urine, and helpeth to break the Stone, and driveth it forth. The Root in Powder, and given in Wine and drunk, is good against the Plague or Pestilence, and drunk in the Morning fasting for some time together, it is very profitable for a Fistula in any part of the Body. *Baptista Sardus* doth much commend the distilled Water hereof, being drank, to help the French Disease, to open the Obstructions of the Liver, and cleanse the Blood from corrupted Humours, and is profitable against Quotidian or Tertian Agues.

*Provokes Urine, Stone, Plague, Fistula, French-Pox, Obstructions, Agues.*

## Strawberries.

These are so well known through this Land, that they need no Description.

*Time*] They flower at May ordinarily, and the Fruit is ripe shortly after.

*Government and Vertues.*] *Venus* owns the Herb. Strawberries, when they are green, are cool and dry; but when they are ripe, they are cold and moist: The Berries are excellent good to cool the Liver, the Blood, and the Spleen, or an hot cholerick Stomach; to refresh and comfort the fainting Spirits, and quench Thirst: They are good also for other Inflammations; yet it is not amiss to refrain

*Cool the Liver, Spleen and Stomach, quench Thirst, Inflammations, provoke Urine, stay the Bloody-Flux and Womens Courses, panting of the Heart, Yellow Jaundice, Ulcers, sore Mouths, or Ulcers in the Privities, loose Teeth, from*

*Catarrhs, Defluxions, inflamed Eyes, Pusles and Wheals, red Face, Deformities in the Skin, Films over the Eyes.*

from them in a Fever, lest by their putrifying in the Stomach they encrease the Fits. The Leaves and Roots boiled in Wine and Water, and drunk, do likewise cool the Liver and Blood, and assuage all

Inflammations in the Reins and Bladder, provoke Urine, and allay the Heat and Sharpness thereof. The same also being drunk, stayeth the Bloody Flux and Womens Courses, and help the Swellings of the Spleen. The Water of the Berries carefully distilled, is a sovereign Remedy and Cordial in the panting and beating of the Heart, and is good for the Yellow Jaundice. The Juice dropped into foul Ulcers, or they washed therewith, or the Decoction of the Herb and Root, doth wonderfully cleanse and help to cure them. Lotions and Gargles for sore Mouths, or Ulcers therein, or in the Privy Parts or elsewhere, are made with the Leaves and Roots thereof; which is also good to fasten loose Teeth, and to heal spongy foul Gums. It helpeth also to stay Catarrhs or Defluxions of Rheum into the Mouth, Throat, Teeth, or Eyes. The Juice or Water is singular good for hot and red inflamed Eyes, if dropped into them, or they bathed therewith. It is also of excellent Property for all Pusles, Wheals, and other Breakings forth of hot and sharp Humours in the Face and Hands, and other Parts of the Body to bathe them therewith; and to take away any Redness in the Face, or Spots, or other Deformities in the Skin, and to make it clear and smooth. Some use this Medicine: Take so many Strawberries as you shall think fitting, and put them into a Distillatory, or Body of Glass fit for them, which being well closed, set in a Bed of Horse-dung for your Use. It is an excellent Water for hot inflamed Eyes, and to take away Film or Skin that beginneth to grow over them, and for such or other Defects in them as may be helped by any outward Medicine.

### Succory.

*Descript.]* **T**HE Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the Edges, and the Root abideth many Tears. It beareth also blue Flowers like Endive, and the Seed is hardly distinguished from the seed of the smooth or ordinary Endive.

## The English Physician Enlarged.

*The Wild Succory hath divers long Leaves lying on the Ground, which are cut in or torn on the Edges, on both Sides, even to the middle, ending in a point: Sometimes it hath a red Rib down the middle of the Leaves, from among which riseth up a hard, round, woody stalk, spreading into many Branches, set with smaller and lesser divided Leaves on them up to the Tops, where stand the Flowers, which are like the Garden-kind, as the Seed is also, (only take Notice that the Flowers of the Garden-kind are gone in on a sunny Day, they being so cold, that they are not able to endure the Beams of the Sun, and therefore more delight in the Shadow.) The Root is white, but more hard and woody than the Garden-kind. The whole Plant is exceeding bitter.*

**Place.]** This groweth in many Places of our Land in waste, untilled and barren Fields. The other only in Gardens.

**Government and Vertues.]** It is an Herb of Jupiter. Garden Succory, as it is more dry and less cold than Endive, so it penetrates more. A handful of the Leaves or Roots boiled in Wine or Water, and a Draught thereof drunk fasting, driveth forth Choleric and Phlegmatick Humours, penetrates Obstructions of the Liver, Gall and Spleen; helpeth the Yellow-Jaundice, the Heat of the Reins, and of the Urine; the Dropsie also, and those that have an evil Disposition in their Bodies, by Reason of long Sicknes, evil Dyet, &c. which the Greeks call

*Choleric and Phlegmatick Humours, Obstructions, Yellow-Jaundice, hot Reins, and Urine, Dropsie, Agues, Passions of the Heart, Head-ach, Swellings and Inflammations, Saint Anthony's Fire, Fushes, Wheales and Pimples, Inflamed Eyes, too much Milk.*

*achexia.* A Decoction thereof made with Wine, and drunk, is very effectual against long lingring Agues, and a Drachm of the Seed in Powder, drunk in Wine before the Fit of the Ague, helpeth to drive it away. The distilled Water of the Herb and Flowers (if you can take them in Time) hath the Properties, and is especial good for hot Stomachs, and in Agues, either Pestilential, or of long Continuance; for swoonings and Passions of the Heart, for the Heat and Head-ach in Children, and for the Blood and Liver. The said Water, or the Juice, or the bruised Leaves applied outwardly, allays Swellings, Inflammations, St. Anthony's Fire, Pushes, Wheals and Pimples, especially used with a little

little Vinegar; as also to wash pestiferous Sores. The said Water is very effectual for sore Eyes that are inflamed with Redness, and for Nurses Breasts that are pained by the abundance of Milk.

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

### Stone-Crop, Prick-Madam, or Small-Houseleek.

Descript.] **I**T groweth with divers trailing Branches upon the Ground, set with many thick, flat, roundish, whitish green Leaves, pointed at the Ends. The Flowers stand many of them together somewhat loosely. The Roots are small, and run creeping under Ground.

Place.] It groweth upon the Stone-walls, and Mud-wall upon the Tiles of Houses, and Pent-Houses, and among Rubbish, and in other gravelly Places.

Time.] It flowereth in June and July, and the Leaves are green all the Winter.

Government and Vertues.] It is under the Dominion of the Moon, cold in Quality, and somewhat binding, and therefore very good to stay Defluxions, especially such as fall upon the Eyes. It stops Bleeding, both inward and outward, helps Cankers, and a fretting Sores and Ulcers: It abates the Heat of Choler, thereby preventing Diseases thence arising from Cholerick Humours. It expels Poyson much, resisteth Pestilential Fevers, being exceeding good also for Tertian Agues: You may drink the Decoction of it if you please for all the foregoing Infirmities. It is so harmless an Herb, you can scarce use it amiss: Being bruised and applied to the Place, it helps the King's Evil, and any other Knots or Kernels in the Flesh; as also the Piles.

pels Poyson much, resisteth Pestilential Fevers, being exceeding good also for Tertian Agues: You may drink the Decoction of it if you please for all the foregoing Infirmities. It is so harmless an Herb, you can scarce use it amiss: Being bruised and applied to the Place, it helps the King's Evil, and any other Knots or Kernels in the Flesh; as also the Piles.

### English Tobacco.

Description.] **T**HIS riseth up with a round, thick, Stalk, about two Foot high, whereon do grow thick, flat green Leaves, nothing so large as the other Indian kinds, somewhat round-pointed also, and nothing dented about the Edge.

The Stalk brancheth forth, and beareth at the Tips divers Flowers  
set on green Husks like the other, but nothing so large; scarce standing  
above the Brims of the Husks, round pointed also, and of a greenish  
yellow Colour. The Seed that followeth is not so bright, but larger,  
contained in the like great Heads. The Roots are neither so great, nor  
woody, and perisheth every Year with the hard Frosts in Winter, but  
useth generally of its own sowing.

*Place.*] This came from some Parts of Brasil, as is  
thought, and is more familiar in our Country than any of  
the other sorts; early giving ripe Seed, which the other  
eldom do.

*Time.*] It flowereth from June, sometimes to the end of  
August, or later, and the Seed ripeneth in the mean Time.

*Government and Vertues.*] It is a martial Plant. It is found  
by good Experience to be available, to expectorate tough  
Phlegm from the Stomach, Chest

and Lungs. The Juice thereof  
made into a Syrup, or the distilled  
Water of the Herb drunk with some  
Sugar, or without, if you will, or  
the Smoak taken by a Pipe, as is  
usual, but fasting; the same help-  
th to expel Worms in the Sto-  
mach and Belly, and to ease the  
Pains in the Head, or Megrim, and  
the griping Pains in the Bowels.  
It is profitable for those that are  
troubled with the Stone in the  
Kidneys; both to ease Pains

Tough Phlegm, Worms,  
Meagrim, Pains in the  
Bowels, Gravel and Stone,  
Wind, Mother, Tooth-ach,  
King's Evil, Venomous  
Creatures, Ague, Cramps  
and Aches, Sciatica, Itch,  
Scabs and Ulcers, Can-  
kers and foul Sores, Lice,  
fresh Wounds and Sores,  
Impesthumes and hard  
Swellings.

by provoking Urine, and to expel Gravel and the Stone  
engender'd therein, and hath been found very effectual  
to expel Windiness, and other Humours, which cause  
the strangling of the Mother. The Seed hereof is very  
effectual to expel the Tooth-ach, and the Ashes of the  
burnt Herb to cleanse the Gums, and make Teeth white.  
The Herb bruised and applied to the Place grieved with  
the King's Evil, helpeth it in nine or ten Days effectually.  
Panardus saith, It is a Counter-poison against the biting  
of any venomous Creature; the Herb also being out-  
wardly applied to the hurt Place. The distilled Water

P is

is often given with some Sugar before the Fit of an Ague, lessen it, and takes it away in three or four times using. the distilled Faces of the Herb, having been bruised before the Distillation, and not distilled dry, be set in warm Du for fourteen Days, and afterwards be hung up in a Bag in Wine Cellar, the Liquor that distilleth therefrom is singular good to use for Ramps, Aches, the Gout and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers and foul Sores whatsoever. The Juice is also good for all the said Grievs, and likewise to kill Lice in Childrens Heads. The green Herb bruised and applied to any green Wound, cureth any fresh Wound or Cut whatsoever; and the Juice put into old Sores, both cleanseth and healeth them. The is also made hereof a singular good Salve to help Impo humes, hard Tumors, and ether Swellings by Blows and Falls.

### The Tamarisk Tree

**I**T is so well known in the Places where it grows, that it needeth no Description

*Time*] It flowereth about the end of May, or in June, and the Seed is ripe and blown away in the beginning of September.

*Government and Virtues*] As gallant a Saturnine Herb as this, if the Root, Leaves, or young Branches, be boiled in Wine or Vinegar, and drank and applied outwardly, is very powerful against the hardness of the Spleen. The

Spleen, Hemorrhoids, spitting Blood, Womens Courses, Jaundice, Cholick, Venom, Serpents, Tooth-ache, Pains in the Ears, watering Eyes, Gangrenes and Ulcers, Drops on the Lids, Spleen, Burning and Scalding, French-Pox, Lemph and Scabs, Erysipelas, Malign, black jaundice.

Leaves boiled in Wine and drunk is good to stay the bleeding of the Hemorrhoidal Veins, the spitting of Blood, and Womens too abundant Courses, and helpeth the Jaundice, the Cholick, and the biting of all venomous Serpents, except the Asp. The Bark is as effectual, if not more, to all the Purposes aforesaid, and both it and the Leaves boiled in Wine, and the

Mouth and Teeth washed therewith helpeth the Tooth-ache, being dropped in the Ears easeth the Pains, and is good for the Redness and Watering of the Eyes. The said Decoction with some Honey put thereto, is good to stay Gangrenes and fretting

etting Ulcers, and to wash those that are subject to Nits and Lice: The Wood is very effectual to consume the Spleen, and therefore to drink out of Cups and Cans made thereof, is good for splenetick Persons. The Ashes of the Wood are used for all the Purposes aforesaid; and besides, doth quickly help the Blisters raised by Burnings or Scaldings, by Fire or Water. *Alphinus* and *Vssingus* do affirm, That the *Egyptians* do with as good Success use the Wood hereof to cure the *French Disease*, as others do *Lignum Vitæ* or *Guaicam*; and give it also to such as are possessed with Leprosie, Scabs, Pusles, Ulcers, or the like: It is available to help the Dropsy, arising from the Hardness and Obstruction of the Spleen, as also for Melancholy, and the Black Jaundice that ariseth thereof.

### Garden Tansie.

**G**arden Tansie is so well known, that it needeth no Description.

*time*] It flowereth in June and July.

*Government and Vertues*] Dame *Venus* was minded to pleasure Women with Child by this Herb, for there grows not a Herb fitter for their Uses than this is: It is just as tho' were cut out for the Purpose. The Herb bruised and applied to the Navel, stays Miscarriages; I know no Herb like it for that Use: Boiled in ordinary Beer, and the Decoction drunk doth the like; and if her Womb be not as she would have it, this Decoction will make it as she would have it. or at least as she should have it: Let those Women that desire Children, love this Herb, 'tis their best Companion, their Husband excepted. Also it consumes the phlegmatick Humours, the cold and moist Constitution of Winter most usually affects the Body of Man with, and that was the first Reason of eating Tansies in the Spring. At last the World being over run with Popery, a Monster called Superstition perks up his Head, and, as a just Judgment of God, obscures the bright Beams of Knowledge by his dismal Looks; (Physicians seeing the Pope and his Imps selfish, they began to do so too) and now forsooth Tansies must be eaten only on *Palm* and *Easter* Sundays, and their neighbour Days: At last Superstition being too hot to hold and the selfishness of Physicians walking in the Clouds; after the Priars and Monks had

made the People ignorant, the Superstition of the Time was found out, by the Vertue of the Herb hidden, and now 'tis almost, if not altogether, left off. Surely our Physicians are beholding to none so much as they are to Monks and Friars. For want of eating this Herb in Spring, maketh People sick in Summer; and that makes Work for the Physician. If it be against any Man or Woman's Conscience to eat Tansie in the Spring, I am as unwilling to burthen their Consciences, as I am that they should burthen mine; they may boil it in Wine and drink the Decoction, it will work the same Effect. The Decoction of the common Tansie, or the Juice drunk in Wine, is a singular Remedy for all the Grievs that come by

stopping of the Urine, helpeth the Strangury, and those that have weak Reins and Kidneys: It is also very profitable to dissolve and expel Wind in the Stomach. Bellach, Worms, Cramps.

or Bowels, to procure Women Courses, and expel Windiness in the Matrix, if it be bruised and often smelled unto, as also applied to the lower part of the Belly. It is also very profitable for such Women as are given to miscarry in Child bearing, to cause them to go out their full Time: It is used also against the Stone in the Reins, especially to Men. The Herb fry'd with Eggs, (as it is accustomed in the Spring-time) which is called a Tansie, helpeth to digest and carry downward those bad Humours that trouble the Stomach. The Seed is very profitable given to Children for the Worms, and the Juice in Drink is effectual. Being boiled in Oil, it is good for the Sinew thrunk by Cramps, or pained with Cold, if thereto applied.

### Wild-Tansie, or Silver-Weed.

**T**HIS is also so well known, that it needeth no Description.

*Place.* It groweth almost in every Place.

*Time.* It flowereth in June and July.

*Government and Vertues.* Now Dame Venus hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain Beauty, and what more can be expected of her? What now remains for you, but to love your Husbands, and not to be wanting to your poor Neighbours. Wild Tansie stayeth the Lark, and a

he Fluxes of Blood in Men or Women, which some say it will stop, if the green Herb be worn in the Shoes. so it be next the Skin; and 'tis true enough, that it will stop the Terms; if worn so, and the Whites too, for ought I know. It stayeth also spitting or vomiting of Blood. The Powder of

*Flux, Terms stops, Vomiting of Blood, White Ruptures, Bell-ach, Sciatica, Joints, Tooth-ach, loose Teeth, Gums, Ulcers in the Mouth, Wounds, sore Legs, Pimples, Freckles, Sun-burning.*

the Herb taken in some of the distilled Water, helpeth the Whites in Women, but more especially if a little Coral and very in Powder be put to it. It is also much commended to help Children that are bursten, and have a Rupture being boiled in Water and Salt. Being boiled in Wine and drunk, easeeth the griping Pains of the Bowels, and is good for the Sciatica and Joint aches. The same boiled in Vinegar, with Honey and Allom, and gargled in the Mouth, easeeth the Pains of the Tooth-ach, fasteneth loose Teeth, helpeth the Gums that are sore, and settleth the Palate of the Mouth in its Place when it is fallen down. It cleanseth and healeth Ulcers in the Mouth or secret Parts, and is very good for inward Wounds and to close the Lips of green Wounds; and also to heal old, moist, and corrupt running sores in the Legs or elsewhere. Being bruised and applied to the Soles of the Feet and Hand-wrists, it wonderfully cooleth the hot Fits of Agues, be they never so violent. The distilled Water cleanseth the Skin of all Discolourings thereon, as Morpew, Sun burning, &c. as also Pimples, Freckles, and the like; and dropped into the Eyes or Cloths wet therein and applied, taketh away the Heat and Inflammations in them.

### Thistles.

**O**F these are many Kinds, growing here in *England* which are so well known, that they need no Description: Their Differences are easily known by the Places where they grow, viz.

*Place.* Some grow in Fields, some in Meadows, and some against the Corn; others on Heaths, Greens, and waste grounds in many Places.

*Time.* They flower in *June* and *August*, and their Seed is ripe quickly after.

*Government and Vertues.*] Surely Mars rules it, it is such

*Dysury.*

Smell thereof; as also the rank Smell of the Armpits, or the whole Body, being boiled in Wine and drunk, and are

*Stinking-breath, Stomach.*

and to strengthen the Stomach. *Pliny* saith, That the Juice bathed on the Place that wanteth Hair, it being fallen off, will cause it to grow again speedily.

### The Melancholy Thistle.

*Descript.*] **I**T riseth up with tender single hoary green Stalks, bearing thereon four or five long hoary green Leaves, denved about the Edges; the Points thereof are little or nothing prickly, and at the Top usually but one Head, yet sometimes from the Bosom of the uppermost Leave there shooteth forth another smaller Head, scaly and somewhat prickly, with many reddish purple Thrums or Threads in the middle, which being gather'd fresh, will keep the Colour a long Time, and fadeth not from the Stalk in a long Time while it persweth the Seed, which is of a mean Bigness, lying in the Down. The Foot hath many long Strings fasten'd to the Head, or upper part, which is bluish, and persweth not.

There is another sort, little differing for the former but that the Leaves are more green above, and more hoary underneath, and the Stalk being about two Foot high, beareth but one scaly Head, with Threads and Seeds as the former.

*Place.*] They grow in many moist Meadows of this Land, as well in these Southern as in the Northern Parts

*Time.*] They flower about July or August, and their Seed ripeneth quickly after.

*Government and Vertues.*] 'Tis under Capricorn, and therefore under both Saturn and Mars. one rid's Melancholy by Sympathy, the other by Antipathy. Their Vertues are but few, but those not to be despised; for the Decoction of the Thistle in Wine being drunk, expels superfluous Melancholy out of the Body, and make a Man as merry as a Cricket: Superfluous Melancholy cureth Care, Fear, Sadness, Despair, Envy, and many Evils more besides; but Religion teacheth to

wait upon God's Providence, and cast our Care upon him who careth for us. What a fine Thing were it if Men and Women could live so? And yet seven Years Care and Fear makes a Man never the wiser, nor a Farthing richer. *Diocorides* saith The Root born about one doth the like, and removes all Diseases of Melancholy. Modern Writers laugh at him: *Let them laugh that win.* My Opinion is, That 'tis the best Remedy against all melancholy Diseases that grows; they that please may use it.

## Our Lady's Thistle.

**Descript.]** OUR Lady's Thistle hath divers very large and broad Leaves lying on the Ground, cut in, and as it were crumpled, but some lathe-ry on the Edges, of a white green shining colour, wherein are many Lines and Strakes of a milk-white Colour running all over, and set with many sharp and stiff Prickles all about, among which rise up one or more strong, round and prickly Stalks, set full of the like Leaves up to the Top, where, at the end of every Branch, comes forth a great prickly Thistle-like Head, strongly armed with Prickles, and with bright purple Thorns rising out of the middle of them: After they are past, the Seed groweth in the said Heads, and in a great deal of soft white Down, which is somewhat flattish and shining, large and broken. The Root is great spreading in the Ground, and many strong and small Fibres fastened thereunto. All the while it stands in Taste.

**Places.]** It is frequent on the Banks of almost every Ditch.

**Time.]** It flowereth and seedeth in June, July, and August.

**Government and Vertues.]** Our Lady's Thistle is under Jupiter and thought to be as effectual as *Carduus Benedictus* for Agues, and to prevent and cure the Infection of the Plague as also to open Obstructions of the Liver and Spleen, and thereby is good against the jaundice. It provoketh Urine, breaketh and expellerh the Stone, and is good for the Drop-sie. It is effectual also for the Pains in the

Agues, Plague, Obstruction, Liver, Spleen, Drop-sie, Stitches in the Sides, Liver.

sides, and many other inward Pains and Gripings. The Seed and distilled Water are held powerful to all the Purposes aforesaid, and besides, it is often applied both inwardly to drink, and outward with Cloths or Spunges to

the Region of the Liver, to cool the Distemper thereof, and to the Region of the Heart, against Swoonings and Passions of it. It cleanseth the Blood exceedingly; and in Spring, if you please to boil the tender Plant, (but cut off the Prickles, unless you have a mind to choak your self) it will change your Blood as the Season changeth, and that's the way to be safe.

### The Woollen, or Cotten Thistle.

**Descript.]** **T**HIS hath many large Leaves lying upon the Ground, somewhat cut in, and as it wens crumpled on the Edge, of a green Colour on the upper side, but covered over with a long hairy Wool or Cotton-Down, set with most sharp and cruel pricks; from the middle of whose Heads of Flowers, come forth many purplish crimson Threads, and sometimes white, although but seldom. The Seed that followeth in these white downy Heads is somewhat large, long and round, resembling the Seed of Lady's Thistle, but paler: The Root is great and thick, spreading much, yet usually dieth after Seed-time.

**Place.]** It groweth on divers Ditch-Banks, and in the Corn-Fields and High-ways, generally throughout the Land, and is often growing in Gardens.

**Time.]** It flowereth and beareth Seed about the End of Summer, when other Thistles do flower and seed.

**Government and Vertues.]** It is a Plant of Mars. *Dioscorides* and *Pliny* write, That the Leaves and Roots hereof, taken in Drink, helpeth those that have a Crick in their Neck, that they cannot turn it, unless they turn their whole Body. *Galen* saith, That the Roots and Leaves hereof are good for such Persons that have their Bodies drawn together by some Spasm or Convulsion, or other Infirmities; as the Rickets (or as the College of Physicians would have it, *Rachites*, about which Name they have quarrelled sufficiently) in Children, being a Disease that hindereth their Growth, by binding their Nerves, Ligaments, and whole Structure of their Body.

### The Fuller's Thistle, or Teasel.

**I**T is so well known, that it needs no Description, being used with the Cloth-workers.

*The wild Teasel is in all Things like the former, but that the Prickles*

Pickles are small, soft, and upright, not hooked or stiff, and the Flowers of this are of a fine bluish, or pale Carnation Colour, but of the manured kind, whitish.

Place.] The first groweth, being sown, in Gardens or Fields for the use of Cloth-workers : The other near Ditches and Rills of Water in many Places of this Land

Time ] They flower in July, and are ripe in the End of August.

Government and Vertues.] It is an Herb of Venus. Dioscorides saith, That the Root bruised and boiled in Wine, till it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve, and applied to the Fundament, doth heal the Clefts thereof ; as also Cankers and Fistula's therein, and also taketh away Warts and Wens.

The Juice of the Leaves dropped into the Ears, killeth Worms in them. The distilled Water of the Leaves dropped in the Eyes, taketh away Redness and Mists in them, that hinder the Sight, and is often used by Women to preserve their Beauty, and to take away Redness and Inflammations, and all other Heat or Discolourings.

Fistula's, Warts, Clefts, Cankers, Wens, Worms in the Ears, Sights, Redness in the Face, Inflammation.

## Treacle-Mustard.

Descript. **I** Trifeth with a hard round Stalk, about a Foot high, parted into some Branches, having divers soft green Leaves, long and narrow set thereon, waved, but not cut into the Edges, broadest towards the Ends, and somewhat round pointed ; the Flowers are white that grow at the Tops of the Branches. Spike-fashion, one above another ; after which come round Pouches, parted in the middle with a Burrow, having one blackish brown Seed on either side, somewhat sharp in Taste, and smelling of Garlick, especially in the Fields where it is natural, but not so much in Garagens : The Roots are small and thready, perishing every Year.

Give me leave here to add Mithridate Mustard, a'though it may seem more properly by the Name to belong to M. in the Alphabet.

## Mithridate-Mustard.

Descript. **T** HIS groweth higher than the former, spreading more and higher Branches, whose Leaves are smaller and

narrower, sometimes unevenly dented about the Edges. The Flowers are small and white, growing on long branches, with much smaller and rounder Seed-vessels after them, and paired in the same manner, having smaller brown Seeds than the former, and much sharper in Taste. The Root periseth after Seed-time, but abideth the first Winter after springing.

*Place.*] They grow in sundry Places in this Land, as half a Mile from *Hatfield*, by the River side, under a Hedge, as you go to *Hafield*, and in the Street of *Peckham* on *Surrey* Side.

*Time.*] They flower and feed from *May* to *August*.

*Government and Vertues.*] Both of them are Herbs of *Mars*. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, that it suffocateth the Birth. It breaketh inward Imposthumes, being taken inwardly; and used in Clysters, helpeth the *Sciatica*.

The Seed applied doth the same. It is an especial Ingredient unto *Mithridate* and *Treacle*, being of it self an Antidote resisting *Poison*, *Venom* and putrefaction. It is also available in many Cases for which the common Mustard is used, but somewhat weaker.

### The Black-Thorn, or Sloe-Bush.

**I**T is so well known, that it needeth no Description.

*Place.*] It groweth in every Country in the Hedges and Borders of Fields.

*Time.*] It flowereth in *April*, and sometimes in *March*, but ripeneth the Fruit after all other Plumbs whatsoever, and is not fit to be eaten until the Autumn Frost mellow'd them.

*Government and Vertues.*] All the Parts of the Sloe Bush are binding, cooling and dry, and all effectual to stay Bleeding at the Nose and Mouth, or any other Place; the Lask of the Belly or Stomach, or the Bloody-Flux, the too much abounding of Womens Courses, and helpeth to ease the Pains of the Sides, Bowels and Guts, that come by over-much scowering, to drink the Decoction of the Bark of the Roots, or more usually the Decoction

Decoction of the Berries, either fresh or dried. The Conserve also is of very much Use, and more familiarly taken for the Purpose aforesaid. But the distilled Water of the Flowers first steeped in Sack for a Night, and drawn therefrom by the Heat of *Balneum Anglice*, a Bath is a most certain Remedy, tried and approved, to ease all manner of Gnawings in the Stomach, the Sides and Bowels, or any griping Pains in any of them, to drink a small Quantity when the Extremity of Pain is upon them. The Leaves also are good to make Lotions to gargle and wash the Mouth and Throat, wherein are Swellings, Sores, Kernels, and to stay the Defluxions of Rheum to the Eyes, or other Parts; as also to cool the Heat and Inflammations of them, and to ease hot Pains of the Head, to bathe the Forehead and Temples therewith. The simple distilled Water of the Flowers is very effectual for the said Purposes, and the condensate Juice of the Sloes. The distilled Water of the green Berries is used also for the said Effects.

*Gnawing in the Bowels and Stomach, sore Mouth, and Throat.*

## Thorough-Wax, or Thorough-Leaf.

Descript] **C**ommon Thorough-Wax sendeth forth one straight round Stalk, and sometimes more, two Foot high, or better, whose lower Leaves being of a bluish green Colour, are smaller and narrower than those up higher, and stand close thereto, not compassing it; but as they grow higher, they do more and more encompass the Stalks, until it wholly, (as it were) pass through them, branching toward the Top into many Parts, where the Leaves grow smaller again, every one standing singly, and never two at any joint. The flowers are very small and yellow, standing in Tufts at the Heads of the Branches, where afterwards grow the Seed, being blackish, many thick, thrust together. The Root is small, long and woody, perishing every Year, after Seed-time, and rising again plentifully of its own sowing.

Place.] It is found growing in many Corn-fields and Pasture-Grounds in this Land.

Time.] It flowereth in July, and the Seed is ripe in August.

Government and Vertues.] Both this and the former are under the Influences of Saturn. Thorough Wax is of a singular good Use for all sorts of Bruises and Wounds either inward

inward or outward, and old Ulcers and Sores likewise, if the Decoction of the Herb with Water and Wine be drunk, and the Place washed therewith, or the Juice or green Herb bruised, or boiled either by it self, or with other Herbs, in Oil or Hog's-grease, to be made into an Ointment to serve all the Year. The Decoction of the Herb, or Powder of the dried Herb taken inwardly, and the same, or the Leaves bruised, and applied outwardly, is singular good for all Ruptures and Burstings, especially in Children, before it be too old. Being applied with a little Flower and Wax to Childrens Navels that stick forth, it helpeth them.

### Time.

**I**T is in vain to describe an Herb so commonly known. *Government and Vertues*] It is a notable Strengtheners of the Lungs, as notable a one as grows; neither is there scarce a better Remedy growing for that Disease in Children, which they commonly call the Chin-Cough, than it is. It purgeth the Body of Phlegm, and is an excellent Remedy for shortness of Breath. It kills Worms in the Belly, and being a notable Herb of *Venus*, provokes the Terms gives safe and speedy Delivery to Women in Travail, and brings away the After-birth. It is so harmless, you need

not fear the Use of it. An Ointment made of it, takes away hot Swellings and Warts, helps the Sciatica and Dullness of Sight, takes away the Pains and Hardness of the Spleen: 'Tis excellent good for those that are troubled with the Gout, as also to anoint the Cods that are swelled. It easeth Pains in the Loins and Hips. The Herb taken any way inwardly, comforts the Stomach much, and expels Wind.

### Wild-Time. or Mother of Time.

**W**ILD TIME also is so well known, that it needeth no Description.

*Place.*] It may be found commonly in Commons, and other barren Places throughout the Nation.

*Government and Vertues.*] This is also under the Dominion of *Venus*, tho' under the Sign of *Arie*; and therefore chiefly appropriated to the Head. It provoketh Urine and the Terms, and easeth the griping Pain of the Belly, Cramps Ruptures, and Inflammation of the Liver. If you make a Vinegar of the Herb, as Vinegar of Roses is made, you may find out the way in my Translation of the *London Dispensatory*, and anoint the Head with it, it presently stops the Pains thereof, It is excellent good to be given either in a Phrenzy or Lethargy altho' they are two contrary Diseases: It helps spitting and pissing of Blood, Coughing and Vomiting; It comforts and strengthens the Head, Stomach, Reins and Womb, expels Wind, and breaks the Stone.

*Urine provokes, Terms provokes, Pains and griping of the Belly, Cramps, Ruptures, Inflammations, Liver, Pains of the Head, Frenzies, Lethargies, Blood, Coughing, Vomiting, Head strengtheneth, Stomach, Reins, Womb, Wind, Stone.*

### Tormentil. or Setfoyl.

*Descrip*] **T**HIS bath many reddish slender weak Branches rising from the Root. lying upon the Ground, or rather leaning than standing upright, with many short Leaves that stand closer to the stalks than Cinquefoyl, which do, (this is very like) with the Footstalk compassing the Branches in several places; but those that grow to the Ground are set upon long Footstalks, each whereof are like the Leaves of Cinquefoyl, but somewhat long and lesser, dented about the edges, many of them divided but into five Leaves, but most of them into seven, whence it is also called Setfoyl; yet some may have six, and some eight, according to the fertility of the Soyl. At the tops of the Branches stand divers small yellow Flowers, consisting of five Leaves, like those of Cinquefoyl; but smaller. The Root is smaller than Bistort, somewhat thick, but blacker without, and not so red within, yet sometimes a little crooked, having many blackish Fibres hereat.

*Place.*] It groweth as well in Woods and shadowy Places, as in the open Champion Country, about the borders of Fields in many Places of this Land, and almost in every Room Field in *Essex*.

*Time.*] It flowereth all the Summer long.

*Government and Vertues.*] This is a gallant Herb of the Sun.

*Sun* Tormentil is most excellent to stay all kind of Fluxes of Blood or Humours in Man or Woman, whether at Nose,

Flux, Bleeding, Veins cut;  
*Termin* stops Fevers, Pestilence, Small-Pox, Measles, Purples, Poison, Spleen, Blood inflamed, Liver, Lungs, yellow Jaundice, French-Pox, Misconceptions, Diabetes, Worms, Rat-tale, Tooth-ach, Wounds, Sores, Hurts, Gout, Scabby Heads.

Mouth, Belly, or any Wound in the Veins, or elsewhere The Juice of the Herb or Root taken in Drink not only resisteth all Poison and Venom of any Creature, but of the Plague it self and Pestilential Fevers, and contagious Diseases, as the Pox, Measles, Purples, &c. expelling the Venom and Infection from the Heart by Sweating If the green Root be not at

hand to be had, the Powder of the dry Root is as effectual, a dram thereof being taken every Morning. The Decoction likewise of the Herb and Roots made in Wine and drunk, worketh the same effect; and so the distilled Water of the Herb and Root, being steeped in Wine for a Night, and then distilled in *Balneo Marie* The Water thus Distilled, taken with some *Venice* Treacle, and the Party presently laid to Sweat, certainly (with God's help) expels any Venom or Poison, or the Plague, Fever, &c. for it is an ingredient of especial respect in all Antidotes of Counter-Poison There is not found any Root more effectual to help any Flux of the Belly Stomach, Spleen, or Blood, than this, to be taken inwardly or applied outwardly. The Juice taken doth wonderfully open Obstructions of the Liver and Lungs, and thereby in short space helpeth the Yellow Jaundice; some use to make Cakes hereof as well to stay all Fluxes, as to restrain all Cholerick Belchings, and much Vomitings, with Loathings in the Stomach. The Powder of the dried Root made up with the white of an Egg, and baked upon a hot Tie will do it. *Andrea Valisius* is of Opinion, that the Decoction of this Root is no less effectual to cure the French Pox than *Guaicum* or *China*; and 'tis not unlikely, because it so mightily resisteth Putrefaction. *Label* saith, That *Fanselittus* used it as *Hermecastyls* for Joint-aches, the Powder also or Decoction to be drunk, or to sit therein as a Bath, is an assured remedy against Abortion in Women, if it proceed from the over flexibility, or weakness of the inward retentive Faculty; as also a Plaister made therewith, and Vinegar applied to the Reins of the Back doth

much

much help not only this, but also those that cannot hold their Water, the Powder being taken in the juice of Plantain, and is also commended against the Worms in Children. It is very Powerful in Ruptures and Burstings; as also for Bruises and Falls, to be used as well outwardly as inwardly. The Root hereof made up with Pellitory of Spain and Allom, and put into an hollow Tooth, not only asswageth the Pain, but stayeth the flux of Humours which caused it. Tormentil is no less effectual and powerful a Remedy against outward Wounds, Sores and Hurts, than for inward, and is therefore a special Ingredient meet to be used in Wound drinks, Lotions and Injection for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets, or other Parts of the Body. And to put either the Juice or Powder of the Root in such Ointments, Plaisters, and such things that are to be applied to Wounds or Sores. It also dissolveth all Knots, Kernels and Hardness, gathered about the Ears and Throat, and Jaws, and the King's Evil, if the Leaves and Roots be bruised and applied thereto. The same also easieth the Pain of the Sciatica or Hip-Gout, by restraining the Sharp Humours that flow thereto. The Juice of the Leaves and the Roots used with a little Vinegar, is also a special Remedy against the running Sores of the Head or other Parts; Scabs also and the Itch, or any such Eruptions in the skin, proceeding of salt and sharp Humours. The same is also effectual for the Piles. Hemorrhoids, if they be washed or bathed therewith, or with the distilled Water of the Herb and Roots. It is found also helpful to dry up any sharp Rheum that distilleth from the Head into the Eyes causing Redness, Pain, Waterings, Itching, or the like, if a little prepared Tutia or White Amber be used with the distilled Water thereof. Many Women use this Water as a Secret to help themselves and others when they are troubled with too much flowing of the Whites or Reds, both to drink it, eject it with a Syringe. And here's enough; only remember the Sun challengeth the Herb.

Turnsole, or Heliotropum.

Descript.] **T**HE greater Turnsole riseth up with one upright Stalk, about a Foot high, or more, dividing it-  
self

self almost from the bottom, into divers small branches, of a hoary colour; at each joint of the Stalk and Branches grow two small broad Leaves, somewhat white or hoary also. At the tops of the Stalks and Branches stand many small white Flowers, consisting of four, and sometimes five very small Leaves, set in order one above another, upon a small crooked spike, which turneth inward like a bowed Finger, opening by degrees as the Flowers blow open; after which in their places come forth corner'd Seed, four for the most part standing together; the Root is small and thready, perishing every Year, and the Seed shedding every Year, and sowing it again the next Spring.

**Place.]** It groweth in Gardens, and Flowereth and Seedeth with us in England, notwithstanding it is not natural to this Land, but to Italy, Spain, and France, where it grows plentifully

**Governments and Virtues.]** 'Tis an Herb of the Sun, and a good one too *Dioscorides* saith, That a good handful of this, which is called the great Turnsole, boiled in Water, and drunk, purgeth both Choler and Phlegm; and boiled with Cumin and drunk, helpeth the Stone in the Reins, Kidneys, or Bladder

*Choler, Phlegm, Stone, Dysury, Terms provokes, Gouts, Warts, Wens, Disjunctures.* provoketh Urine and Womens Courses, and causeth an easie and speedy Delivery in Child-Birth. The Leaves bruised and applied to Places pained with the Gout, or that have been out of Joint, and newly Set, are full of Pain. do give much ease; the Seed and Juice of the Leaves also being rubbed with a little Salt upon Warts or Wens, and other Kernels in the Face, Eye lids, or any other part of the Body, will, by often using, take them away.

### Meadow-Trefoil, or Honey-Suckles.

**I**T is so well known, especially by the Name of Honey-Suckles White and Red, that I need not describe them.

**Place.]** They grow almost every where in the Land.

**Governments and Virtues.]** *Mercury* hath Dominion over the common Sorts *Dioscorides* saith, The Leaves and Flowers are good to ease the griping Pains of the Gout, the Herb being boiled and used in a Clyster. *Belly-ach, Inflammations, Pin and Web, Eyes.* If the Herb be made into a Pultis, and applied to Inflammations, it will

will ease them. The Juice dropped in the Eyes, is a familiar Medicine, with many Country People, to take away the Pin and Web (as they call it) in the Eye; it also allayeth the Heat and Blood shooting of them. Country People do also in many Places drink the Juice thereof against biting of an Adder; and having boiled the Herb in Water, they first wash the Place with the Decoction, and then lay some of the Herb also to the hurt Place. The Herb also boiled in Swines Grease, and so made into an Oyntment, is good to apply to the biting of any venomous Creature. The Herb also bruised and heated between Tiles, and applied hot to the Share, causeth them to make Water who had it stopt before. It is held likewise to be good for Wounds, and to take away Seed. The Decoction of the Herb and Flowers, with the Seed and Root, taken for some time helpeth Women that are troubled with the Whites. The Seed and Flowers boiled in Water, and after made into a Pultis with some Oil, and applied, helpeth hard Swellings and Imposthumes.

*Venomous Beast, Dysury, Wounds, Seares, Whites, Swellings, Imposthumes.*

## Heart-Trefoyle.

**B**Esides the ordinary sort of Trefoyl here are two more remarkable, and one of which may probably be called Heart-Trefoyl, not only because the Leaf is Triangular like the Heart of a Man, but also because each Leaf contains the perfect Icon of a Heart, and that in its proper colour, viz. a Flesh colour.

*Place.*] It groweth in a Field between Longford and Bow, and also beyond Southwark toward Croyden, both by the High-way and Parts adjacent.

*Government and Vertues.*] It is under the Dominion of the Sun, and if it were used, it would be found as great a strengthner of the Heart, and cherisher of the vital Spirits as grows, relieving the Body against Fainting and Swoonings, fortifying it against Poison and Pestilence, and defending the Heart against the noisom Vapours of the Spleen.

*Heart strengtheneth, vital Spirits, Fainting, Swooning, Poison, Pestilence, evil Vapours.*

Pearl

## Pearl Trefoyle.

**I**T differs not from the common Sort, save only in this one particular, it hath a White Spot in the Leaf like a Pearl.

It is particularly under the *Do-Pin and Web in the Eyes*. minion of the *Moon* and its Icon sheweth that it is of singular Vertue against the Pearl, or Pin and Web in the Eyes

## Tutsan, or Park Leaves.

**Descript.** **I**T hath many brownish shining round Stalks, crested all the length thereof, rising two by two and sometimes three Foot high, branching forth even from the bottom having divers Joints, and at each of them two fair large Leaves standing, of a dark bluish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding crasse Branches all the Winter. At the tops of the Stalks and Branches stand large yellow Flowers, and Heads with Seed, which being green at the first, and afterwards reddish, turn to be of a blackish purple Colour when they are ripe, with small brownish Seed within them, and give out a reddish Juice or Liqueur of a reasonable quantity, somewhat viscid, and of a rough and spirit-like taste, as the *Lotus* is said the blossoms be, although much less, but do not yield such a clear Claret Wine colour as some say it doth; the Root is brownish, somewhat great, hard and woody, spreading well in the Ground.

**Place.]** It groweth in many Woods Groves, and woody Grounds, as Parks and Forests, and by Hedge sides in many Places in this Land, as in *Hamstead Wood*; by *Ratley* in *Essex* in the wild of *Kent*, and in many other Places need- less to recite

**Time.]** It flowereth later than *St. John's* or *St. Peter's* wort.

**Government and Vertues.]** It is an Herb of *Saturn*, and a most noble Antivenerean. *Tutsan* purgeth Cholerick Humours, as *St. Peter's-wort* is said to do, for therein it worketh the same effects, both to help the *Sciatica* and *Gout*, and to heal burning by Fire; it stayeth all the Bleeding of Wounds, if either the green Herb be bruised, or the Powder of the dry

dry be applied thereto. It hath been accounted, and certainly it is a sovereign Herb to heal either Wound or Sore, either outwardly or inwardly, and therefore always used in Drink, Lotions, Balms, Oils Ointments, or any other sort of green Wounds or old Ulcers, or Sores, in all which the continual experience of former Ages hath confirmed the use thereof to be admirable good, tho' it be not so much in use now. as when Physicians and Chirurgeons were so Wise as to use Herbs more than now they do.

### Garden Valerian.

Discript.] **T**HIS hath a thick short grayish Root, lying for the most part above Ground, shooting forth on all sides other suck-like small pieces of Roots, which have all of them many long and great Strings and Fibres under them in the Ground, wh. reby it draweth Nourishment. From the head of these Roots spring up many green Leaves which at first are somewhat broad and long, without any division at all in them or denting on the edges; but those that rise up after, are more and more divided on each side, some to the middle Rib being winged, as made on many Leaves together on a stalk, and those upon a stalk, in like manner are more divided, but smaller towards the top than below; the stalk riseth to be a yard higher or more, sometimes branched at the top, with many small whitish Flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent; which passing away, there followeth small brownish white Seed, that is easily carried away with the Wind. The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine.

Place.] It is generally kept with us in our Gardens.

Time.] It flowereth in June and July, and continueth flowering until the Frost pulls it down.

Goverment and Vertues.] This also is under the influence of Mercury Dioscorides saith, that the Garden Valerian hath a warming Faculty, and that being dried and given to drink it provoketh Urine, and helpeth the Strangury. The Decoction thereof taken, doth the like also and taketh away Pains of the Sides, provoketh Womens Courses and is used in Antidotes. Pliny saith. That the Powder of the Root given in drink, or the decoction thereof

Dysury, Strangury, Stitch;  
Terms provokes, Breast,  
Short Wind, Cough, Flegm,  
Pestilence, Wind.

of taken, helpeth all Stoppings and Strangings in any part of the Body, whether they proceed of Pains in the Chest, or Sides, and taketh them away. The Root of Valerian boiled in Liquorish, Raisins and Anniseed, is singular good for those that are short-winded, and for those that are troubled with the Cough, and helpeth to open the Passages, and to expectorate Phlegm easily. It is given to those that are bitten or stung by any venomous Creature, being boiled in Wine. It is of a special Vertue against the Plague the Decoction thereof being drunk, and the Root being used to smell to. It helpeth to expel the Wind in the Belly. The green Herb with the Root taken fresh, being bruised and applied to the Head, taketh away the Pains and Prickings there. stayeth Rheum and thin Distillations, and being boiled in White Wine, and a drop thereof

*Head-ach, Eyes, Pin and Web, Wounds, Splinters, Thorns.*

put into the Eye, taketh away the dimness of the Sight, or any Pin or Web therein; it is of excellent Property to heal any inward Sores or Wounds, and also for outward Hurts or Wounds, and drawing away Splinters or Thorns out of Flesh.

### Vervain.

*Decript.]* THE common Vervain hath somewhat long and broad Leaves next the Ground, deeply gashed about the edges, and some only deeply dented, or cut all alike, of a blackish green colour on the upper side somewhat grey underneath. The stalk is square, branched into several Parts, rising about two Foot high, especially if you reckon the long spike of Flowers at the tops of them, which are set on all sides one above another, and sometimes two or three together being small and gaping, of a purplish blue colour, and white intermixt, after which come small round Seed, in small and somewhat long heads: The Root is small and long, but of no use.

*Place.]* It groweth generally throughout this Land in divers Places, by the Hedges and Way sides, and other waste Grounds.

*Time]* It flowereth about July, and the Seed is ripe soon after.

*Government and Vertues]* This is also an Herb of Venus, and an excellent Herb for the Womb to strengthen it, and remedy all the cold Grievs of it, as Plantane doth the hot; the

the Herb bruised and hung about the Neck. helps the Head-ach Vervain is hot and dry, biting, openeth Obstructions, cleansing and healing; It helpeth the yellow Jaundice, the Dropsie and the Gout, the Defects of the Reins and Lungs, and generally all inward Pains and Torments of the Body the Leaves being boiled and drunk. The same is held to be good against the biting of Serpents, and other venomous Beasts; and against the Plague, and both Tertian and Quartan Agues, killeth and expelleth Worms in the Belly. and causeth a good colour in the Face and Body, strengtheneth as well as correcteth the Diseases of the Liver and Spleen, is very effectual in all Diseases of the Stomach and Lungs, Cough, shortness of Breath, and Wheezings, and is singular good against the Dropsie, to be drunk with some Piony-Seed bruised and put thereto, and is no less prevalent for the Defects of the Reins and Bladder, to cleanse them of those Humours that ingender the Stone, and helpeth to break the Stone, and to expel Gravel. It consolidateth and healeth also all Wounds both inward and outward, and stayeth Bleedings, and used with some Honey, healeth all old Ulcers and Fistula's in the Legs, or other Parts of the Body; as also those Ulcers that happen in the Mouth; or used with Hogs-grease, it helpeth the Swelling and Pains of the Secret Parts in Man or Woman, as also for the Piles or Hemorrhoids; applied with some Oil of Roses and Vinegar unto the Forehead and Temples, it easeth the inveterate Pains and ach of the Head, and is good for those that are Frantick. The Leaves bruised, or the Juice of them mixed with some Vinegar, doth wonderfully cleanse the Skin, and taketh away Morpew, Freckles, Fistula's, and other such like Inflammations and Deformities of the Skin in any Part of the Body. The distilled Water of the Herb when it is in full strength, dropped into the Eyes, cleanseth them from Films, Clouds or Mists, that darken the Sight, and wonderfully strengtheneth the Optick Nerves: The said Water is very powerful

*Obstructions. Cleansing, Healing, Tellow Jaundice, venomous Beasts, Pestilence, Agues, Worms, Cough, shortness of Breath, Wheezings, Stone, Gravel, Reins, Bladder, Womb, Dropsie, Bleeding, Wounds, Ulcers, Fistula's, Head-ach, Frenzie, Morpew, Freckles, Eyes.*

full in all Diseases aforeſaid either inward or outward, whether they be old corroding Sores, or green Wounds

### The Vine.

**T**HE Leaves of the *English Vine* (I do not mean to ſend you to the *Canaries* for a Medicine) being boiled, make a good Lotion for ſore Mouths; being boiled with Barley-Meal into a Pultis, it cools Inflammations of Wounds; the dropping of the Vine, when it is cut in the Spring, which Country People call Tears, being boiled into a Syrup, with Sugar, and taken inwardly, is excellent to ſtay Womens Longings after every thing they ſee; which is a Diſeaſe many Women with Child are ſubject to. The Decoction of Vine-Leaves, in White-wine, doth the like: Alſo the Tears of the Vine, drunk, two or three Spoonfuls at a Time, breaks the Stone in the Bladder. This is a very good Remedy, and it is diſcreetly done, to kill a Vine to cure a Man; but the Salt of the Leaves are held to be better. The Aſhes of the burnt Branches will make Teeth that are as black as a Coal, to be as white as Snow, if you but every Morning rub them with it. It is a moſt gallant Tree of the Sun, very ſymphathetical with the Body of Man, and that is the Reaſon Spirit of Wine is the greateſt Cordial among all Vegetables.

*Sore Mouths, Inflammations, Womens Longings, Stone, Teeth black.*

Longings after every thing they

ſee; which is a Diſeaſe many Women with Child are ſubject to. The Decoction of Vine-Leaves, in White-wine, doth the like: Alſo the Tears of the Vine, drunk, two or three Spoonfuls at a Time, breaks the Stone in the Bladder. This is a very good Remedy, and it is diſcreetly done, to kill a Vine to cure a Man; but the Salt of the Leaves are held to be better. The Aſhes of the burnt Branches will make Teeth that are as black as a Coal, to be as white as Snow, if you but every Morning rub them with it. It is a moſt gallant Tree of the Sun, very ſymphathetical with the Body of Man, and that is the Reaſon Spirit of Wine is the greateſt Cordial among all Vegetables.

### Violets.

**B**OTH the Tame and the Wild are ſo well known, that they need no Deſcription.

*Time.*] They flower until the end of July, but are beſt in March and the beginning of April.

*Government and Vertues.*] They are a fine, pleaſing Plant of Venus, of a mild Nature, no way harmful. All the Violets are cold and moiſt while they are freſh and green, and are uſed to cool any Heat, or Diſtemperature of the Body, either inwardly or outwardly, as Inflammations in the Eyes, in the Matrix or Fundament, in Impoſthumes alſo, and hot Swellings, to drink the Decoction

*Inflammation, Eye: Womb, Head-ach, Choler, Quinſi, Falling-ſickneſs, Swellings, Pleuriſi, Flgm, Hoarſeneſs, Th on Back Reins, Bladder, Thirſt, Heart.*

coction of the Leaves or Flowers made with Water in Wine, or to apply them Pultis-wise to the grieved Places; it likewise easeth Pains in the Head, caused through want of Sleep; or any other Place, arising of Heat, being applied in the same manner, or with Oil of Roses. A Drachm weight of the dried Leaves or Flowers of Violets, but the Leaves more strongly, doth purge the Body of Cholerick Humours, and allwageth the Heat, being taken in a Draught of Wine, or any other Drink; the Powder of the Purple Leaves of the Flowers, only picked and dried, and drunk in Water, is said to help the Quinzy, and the Falling Sickness in Children, especially in the beginning of the Disease. The Flowers of the white Violets ripen and dissolve Swellings. The Herb or Flower, while they are fresh, or the Flowers when they are dry are effectual in the Pleurisie, and all Diseases of the Lungs, to lenity the Sharpness of hot Rheums, and the Hoarseness of the Throat, the Heat also and Sharpness of Urine, and all the Pains of the Back or Reins, and Bladder. It is good also for the Liver and the Jaundice, and all hot Agues to cool the Heat, and quench the Thirst: but the Syrup of Violets is of most Use, and of better Effect, being taken in some convenient Liquor; and if a little of the Juice or Syrup of Lemons be put to it, or a few Drops of the Oil of Vitriol: it is made thereby the more powerful to cool the Heat, and quench the Thirst, and giveth to the Drink a Clarot wine Colour and a fine tart Relish, pleasing the Taste. Violets taken, or made up with Honey, do more cleanse and cool, and with Sugar contrary wise. The dried Flowers of Violets are accounted amongst the Cordial-Drinks. Powders, and other Medicines, especially where cooling Cordials are necessary. The green Leaves are used with other Herbs to make Plaisters and Pultises for Inflammations and Swellings, and to ease Pains wheresoever arising of Heat, and for the Piles also, being fried with Yolks of Eggs, and applied thereto.

### Viper's Bugloss.

**Descript.** THIS hath many long rough Leaves lying on the Ground, from among which rise up divers hard round Stalks, very rough, as if they were thick set with Bristles or Hairs, whereon are set such like rough, hairy, or prickly

prickly sad green Leaves, somewhat narrow; the middle Rib for the most part being White. The Flowers stand at the top of the Stalk branched forth in many long spiked Leaves of Flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish Violet Colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and withering; but in some places of a paler Purple Colour, with a long pointel in the middle, feathered or parted at the top. After the Flowers are fallen the Seeds growing to be ripe, or blackish, cornered and pointed somewhat like the Head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward Seed time, and periseth in the Water.

There is another sort, little differing from the former, only in this that it beareth white Flowers.

**Place]** The first groweth wild almost every where. The second with white Flowers about the Castle-Walls in *Lewis* in *Suffex*.

**Time]** They flower in Summer, and their Seed is ripe quickly after.

**Government and Vertues]** It is a most gallant Herb of the Sun; it is a pity it is no more in use than it is. It is an especial Remedy against the biting of the Viper, and all other

venomous Beasts, or Serpents; as also so against Poison, or poisonfull Herbs. *Dioscorides*, and others, say That whosoever shall take of the Herb or Root before they be bitten shall not be hurt by the Poison of any Serpent. The Root or Seed is thought to be most effectual to comfort the Heart and expel Sadness, or causeless Melancholy; it tempers the Blood, and allayeth hot Fits of Agues. The Seed drunk in Wine, procureth abundance of Milk in Womens Breasts.

*Venomous Beasts, Poison, Heart, Sadness, Melancholy, Agues, Milk.*

The same also being taken easeth the Pains in the Loins, Back and Kidneys. The distilled Water of the Herb when it is in flower, or its chief strength, is excellent to be applied either inwardly or outwardly, for all the Grievs aforesaid. There is a Syrup made hereof very effectual for the comforting the Heart, and expelling Sadness and Melancholy.

**Loins, Back, Kidneys.**

the Pains in the Loins, Back and Kidneys. The distilled Water of the Herb when it is in flower, or its chief strength, is excellent to be applied either inwardly or outwardly, for all the Grievs aforesaid. There is a Syrup made hereof very effectual for the comforting the Heart, and expelling Sadness and Melancholy.

# Wall-Flowers, or Winter-Gilliflowers.

**T**HE Garden-kind are so well known, that they need no Description.

*Descript.]* The common single Wall-flowers, which grow wild abroad, have sundry, small, long, narrow, and dark green Leaves, set without Order, upon small, round, whitish woody Stalks, which bear at the Tops divers single yellow Flowers, one above another, every one bearing four Leaves a-piece, and of a very sweet Scent; after which come long Pods, containing reddish Seed. The Root is white, hard, and thready.

*Place.]* It groweth upon Church-Walls, and old Walls of many Houses, and other Stone-Walls in divers Places. The other Sorts in Gardens only.

*Time.]* All the single Kinds do flower many Times in the End of Autumn; and if the Winter be mild, all the Winter long, but especially in the Months of February, March and April, and until the Heat of the Spring do spend them. But the double Kinds continue not flowering in that manner all the Year long, although they flower very early sometimes, and in some Places very late.

*Government and Vertues.]* The Moon rules them Galen in his Seventh Book of Simple Medicine, saith, That the yellow Wall-flowers work more powerfully than any of the other Kinds, and are therefore of more Use in Physick. It cleanseth the Blood, and freeth the Liver and Reins from Obstructions, provoketh Womens Courses, expelleth the Secundine, and dead Child, helpeth the Hardness and Pains of the Mother, and of the Spleen also; stayeth Inflammations and Swellings, comforteth and strengthneth any weak Part, or out of Joint; helpeth to cleanse the Eyes from Mistiness and Film on them, and to cleanse the filthy Ulcers in the Mouth, or any other Part, and is a singular Remedy for the Gout and all Aches and Pains in the Joints and Sinews; a Conserve made of the Flowers, is used for a Remedy both for the Apoplexy and Palsie.

*Obstructions, Liver, Terms provokes, After-Birth, Child, Spleen, Weakness, Disjuncture, Gout, Sinews, Apoplexy, Palsie.*

## The Walnut-Tree.

**I**T is so well known, that it needeth no Description.  
*Time*] It blossometh early before the Leaves come forth, and the Fruit is ripe in *September*.

*Government and Vertues*] This also is a Plant of the *Sun*. Let the Fruit of it be gathered accordingly, which you shall find to be of most Vertues whilst they are green, before they have Shells. The Bark of the Tree doth

*Binds, Dries, Worms, Poyson, Epidemical Diseases, Inflammation in the Throat, Wounds of the Sinews, Gangreens, Carbuncles, Flux, Terms stops, Baldness, Quinsy, Tooth-ach, Cholick, Morber, Wind, Agues, Deafness, Ears.*

bind and dry very much, and the Leaves are much of the same Temperature; but the Leaves, when they are older, are heating and drying in the second Degree, and harder of Digestion than when they are fresh, which by Reason of their Sweetness, are more pleasing, and better digesting in the Stomach; and taken with sweet

Wine, they move the Belly downwards; but being old they grieve the Stomach; and in hot Bodies cause the Choler to abound, and the Head ach, and are an Enemy to those that have the Cough; but are less hurtful to those that have a colder Stomach, and are said to kill the broad Worms in the Belly or Stomach. If they be taken with Onions, Salt and Honey, they help the biting of a mad Dog, or the Venom, or infectious Poison of any Beast &c. *Oneius Pompeius* found in the Treasury of *Mithridates*, King of *Pontus*, when he was overthrown, a Scroll of his own Hand-writing, containing a Medicine against all Poison and Infection; which is this: Take two dry Walnuts, and as many good Figs, and twenty Leaves of Rue bruised and beaten together with two or three Corns of Salt and twenty Juniper Berries, which taken every Morning fasting preserveth from Danger of Poison and Infection that Day it is taken. The Juice of the other green Husk boiled with Honey, is an excellent Gargle for sore Mouths, the Heat and Inflammation in the Throat and Stomach. The Kernels, when they grow old, are more oily, and therefore not fit to be eaten but are then used to heal the Wounds of the Sinews, Gangreens and Carbuncles. The said Kernels being burned, are then very Astringent, and will

wil

will stay Lasks and Womens Courses, being taken in Red-Wine; and stay the falling of the Hair, and make it fair, being anointed with Oil and Wine. The Green Husks will do the like being used in the same Manner. The Kernels beaten with Rue and Wine, being applied helpeth the Quinzey; and bruised with some Honey, and applied to the Ears, easeth the Pains and Inflammations of them. A piece of the green Husks put into a hollow Tooth, easeth the Pain. The Catkins hereof, taken before they fall off, dried, and given a Drachm thereof in Powder with White-wine, wonderfully helpeth those that are troubled with the Rising of the Mother. The Oil that is pressed out of the Kernels is very profitably taken inwardly, like Oil of Almonds, to help the Cholick, and to expel Wind very effectually; an Ounce or two thereof may be taken at any Time. The young green Nuts taken before they be half ripe, and preserved with Sugar, are of good Use for those that have weak Stomachs, or Defluxions thereon. The distilled Water of the green Husks, before they be half ripe, is of excellent Use to cool the Heat of Agues, being drunk an Ounce or two at a time; as also to resist the Infection of the Plague if some of the same be also applied to the Sores thereof. The same also cooleth the Heat of green Wounds and old Ulcers, and healeth them, being bathed therewith. The distilled Water of the green Husks being ripe, when they are shelled from the Nuts, being drunk with a little Vinegar, is also found by Experience, to be good for those that are infected with the Plague, so as before the taking thereof a Vein be opened. The said Water is very good against the Quinzey, being gargled and bathed therewith, and wonderfully helpeth Deafness the Noise and other Pains in the Ears. The distilled Water of the young green Leaves in the end of May, performeth a single Cure on foul running Ulcers and Sores, to be bathed, with wet Cloths or Sponges, applied to them every Morning.

**Wold, Weld, or Dyer's-Weed.**

**T**HE common Kind groweth lustring with many Leaves, long, narrow and flat upon the Ground, of a dark bluish green Colour, somewhat like unto Wood, but nothing so large, and the  
*Q<sup>2</sup> crumpled*

crumpled, and as it were round-pointed, which do so abide the first Tear; and the next Spring, from among them, rise up divers round Stalks, two or three Foot high, beset with many such like Leaves thereon, but smaller, and shooting forth some small Branches, which with the Stalks carry many small yellow Flowers, in a long spiked Head at the top of them, where afterwards come the Seed, which is small and black, inclosed in Heads that are divided at the Tops into four Parts. The Root is long, white, and thick, abiding the Winter. The whole Herb changeth to be yellow, after it hath been in Flower a while.

*Place.*] It groweth every where by the Way-sides, in moist Grounds as well as dry, in Corners of Fields and By-Lanes, and sometimes all over the Field. In *Sussex* and *Kent* they call it *Green-Weed*.

*Time.*] It flowereth about *June*.

*Government and Vertues.*] *Matthiæus* saith, That the Root hereof cutteth rough *Flegm*, digesteth raw *Flegm*, thinneth gross *Flegm*, Humours, dissolveth hard Tumours, and openeth Obstructions. *Flegm*, Humours, Tumours, Venomous Beasts., Pestilence, Wounds.

Some do highly commend it against the Bitings of venomous Creatures, to be taken inwardly and applied outwardly to the hurt Place; as also for the Plague or Pestilence. The People in some Countries of this Land, do use to bruise the Herb, and lay it to Cuts or Wounds in the Hands or Legs, to heal them.

## Wheat.

**A**LL the several Kinds hereof are so well known unto almost all People, that it is altogether needless to write a Description thereof.

*Government and Vertues.*] It is under *Venus*. *Dioscorides* saith, That to eat the Corners of green Wheat, is hurtful to the Stomach, and breedeth Worms. *Pliny* saith That the Corns of Wheat, roasted upon an Iron-pan, and eaten, is a present Remedy for those that are chilled with

Cold. The Oil pressed from Wheat between two thick Plates of Iron or Copper, heated, healeth all Tetters and Ring-worms, being used warm; and hereby Gallic

saith

faith, He hath known many to be cured. *Matthiolus* commendeth the same to be put into hollow Ulcers, to heal them up, and it is good for Chops in the Hands and Feet, and to make rugged Skin smooth. The green Corns of Wheat being chewed, and applied to the Place bitten by a mad Dog, healeth it; Slices of Wheat Bread soaked in Red Rose-water, and applied to the Eyes that are hot, red and inflamed, or Blood-shot, helpeth them. Hot Bread applied for an Hour, at Times, for three Days together, perfectly healeth the Kernels in the Throat, commonly called the King's-Evil. The Flower of Wheat mixed with the Juice of Henbane, stayeth the Flux of Humours to the Joints, being laid thereon. The said Meal boiled in Vinegar, helpeth thinking of the Sinews, faith *Pliny*; and mixed with Vinegar, and boiled together, healeth all Freckles, Spots and Pimples on the Face. Wheat-Flower, mixed with the Yolk of an Egg, Honey and Turpentine, doth draw, cleanse and heal any Boil, Plague-fore, or foul Ulcer. The Bran of Wheat-meal, steeped in sharp Vinegar, and then bound in a Linnen-Cloth, and rubbed on those Places, that have the Scurf, Morpew, Scabs, or Leprosie, will take them away, the Body being first well purged and prepared. the Decoction of the Bran of Wheat or Barley, is of good Use to bathe those Places that are bursten by a Rupture; and the said Bran boiled in good Vinegar, and applied to swollen Breasts helpeth them, and stayeth all Inflammations. It helpeth also the biting of Vipers (which I take to be no other than our *English Adder*) and all other Venomous Creatures. The Loaves of Wheat-meal, applied with some Salt, take away Hardness of the Skin, Warts, and hard Knots in the Flesh. Starch, moisted with Rose water, and laid to the Cods, taketh away their Itching. Wafers put in Water, and drunk, stayeth the Lask and Bloody-flux, and is profitably used both inwardly and outwardly for the Ruptures in Children. Boiled in Water unto a thick Jelly, and taken, it stayeth spitting Blood; and boiled with Mint and Butter, it helpeth the Hoarseness of the Throat.

## The Willow-Tree.

**T**HESE are so well known that they need no Description, I shall therefore only shew you the Vertues thereof.

*Government and Vertues.]*

*Stanch Bleeding, spitting of Blood, Fluxes of Blood, Vomiting, Distillations on the Lungs, Wind Cholick, Heat of Lust, Dimness of Sight, and other Diseases in the Eyes, clearing the Face, dry up Humours, Warts, Corns & superfluous Flesh, Scurf or Dandriff, Fever.*

The Moon owns it. Both the Leaves, Bark, and the Seed are used to stanch Bleeding of Wounds, and at Mouth and Nose spitting of Blood, and other Fluxes of Blood in Man or Woman, and to stay Vomiting, and Provocation thereunto, if the Decoction of them in Wine be drunk. It helpeth also to stay thin, hot, sharp, salt Distillations from the Head upon the Lungs, causing a Consumption.

The Leaves bruised with some Pepper, and drunk in Wine, helpeth much the Wind Cholick. The Leaves bruised and boiled in Wine and drunk stayeth the Heat of Lust in Man or Woman, and quite extinguisheth it, if it be long used. The Seed is a so of the same Effect. The Water that is gathered from the Willow, when it flowereth, the Bark being slit, and a Vessel fitting to receive it, is very good for Redness and Dimness of Sight, or Films that grow over the Eye, and stay the Rheums that fall into them; to provoke Urine, being stopped, if it be drunk; to clear the Face and Skin from Spots and Discolourings. *Galen* saith, The Flowers have an admirable Faculty in drying up Humours, being a Medicine without any Sharpness or Corrosion; you may boil them in White-wine, and drink as much as you will; (so you drink not your self drunk) The Bark works the same Effects, if used in the same Manner, and the Tree hath always a Bark upon it, though not always Flowers; the Burnt Ashes of the Bark being mixed with Vinegar, takes away Warts, Corns, and superfluous Flesh, being applied to the Place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandriff by washing the Place with it. 'Tis a fine cool Tree, the Boughs of which are very convenient to be placed in the Chamber of one sick of a Fever.

Woad

## Woad.

**Descript.]** **I**T hath divers large Leaves, long, and somewhat broad withal, like those of the greater Plantane, but larger, thicker, of a greenish Colour, and somewhat blue withal. From among which Leaves riseth up a lusty Stalk, three or four Foot high, with divers Leaves set thereon; the higher the Stalk riseth, the smaller are the Leaves; at the Top it spreadeth, divers Branches, at the End of which appear very pretty, little yellow Flowers; and after they pass away like other Flowers of the Fields, come Husks, long and somewhat flat withal; in Form, they resemble a Tongue, in Colour, they are black, and they hang bobbing downwards. The Seed contained within these Barks (if it be a little chewed) gives an azure Colour. The Root is white and long.

**Place.]** It is sowed in Fields for the Benefit of it, where those that sow it, cut it three times a Year.

**Time.]** It flowereth in June, but it is long after before the Seed is ripe.

**Government and Vertues.]** It is a cold and dry Plant, of Saturn. Some People affirm, The Plant to be Destructive to Bees, which, if it be, I cannot help it. They say, It possesseth the Bees with the Flux, but that I can hardly believe, unless Bees be contrary to other Creatures: I should rather think it possesseth them with the contrary Disease, the Herb being exceeding dry and binding. However, if any Bees be diseased thereby, the Cure is to set Urine by them, but set it in such a Vessel, that they cannot drown themselves, which may be remedied, if you put pieces of Cork in it. I told you before, The Herb was drying and binding, and so drying and binding, that it is not fit to be given inwardly. An Ointment made thereof, stancheth Bleeding. A Plaister made thereof, and applied to the Region of the Spleen. (and I pray you take Notice, That the Spleen lies on the Left-side) takes away the Hardness and Pains thereof: The Ointment is excellent good in such Ulcers as abound with Moisture, and takes away the corroding and fretting Humours: It cools Inflammations, quenches St. Anthony's Fire, and stayeth Defluations of the Blood to any part of the Body.

Bleeding, Spleen, Ulcers, Inflammations, St. Anthony's Fire, Defluations of Blood.

## Woodbine, or Honey-Suckles.

**I**T is a Plant so common, that every one that hath Eyes knows it, and he that hath none cannot read a Description, if I should write it.

*Time*] They flower in June, and the Fruit is ripe in August

*Government and Vertues*] Doctor Tradition, that grand Introducer of Errors, that Hater of Truth, that Lover of Folly, and that mortal Foe to Doctor Reason, hath taught the common People to use the Leaves or Flowers of this Plant in Mouth-water, and by long Continuance of Time, hath so grounded it in the Brains of the Vulgar, that you cannot beat it out with a Baetle: All Mouth-waters ought to be cooling and drying, but Honey-suckles are cleansing, consuming and digesting, and therefore no way fit for Inflammations; thus Dr. Reason. Again, if you please, we will leave Dr. Reason a while, and come to Doctor Experience, a Learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it liker to cause a sore Mouth and Throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for something, for God and Nature made Nothing in vain; It is an Herb of Mercury, and appropriated to

Lungs afflicted, Asthma, Spleen, provokes Urine, and speedy Delivery in Child-birth, Cramps, Convulsions and Palsies, Freckles, and Sun-burning.

the Lungs; the Celestial Crab claims Dominion over it; neither is it a Foe to the Lyon; if the Lungs be afflicted by Jupiter, this is your Cure: It is fitting a Conserve made of the Flowers of it, were kept in every Gentlewoman's House; I know no better

Cure for an Asthma than this; besides, it takes away the Evil of the Spleen, provokes Urine, procures speedy Delivery of Women in Travel, helps Cramp, Convulsions and Palsies, and whatsoever Grievs come of Cold or Stopping; if you please to make use of it in an Ointment, it will clear your Skin of Morpew, Freckles and Sun-burnings, or whatever else discolours it, and then the Maids will love it. I have done when I have told you what Authors say, and cavilled a little with them; they say, The Flowers are of more Effect than the Leaves, and that's true; but

but they say the Seeds are least Effectual of all. But Doctor Reason told me, That there was a vital Spirit in every Seed to beget its like ; and Dr. Experience told me, That there was a greater Heat in the Seed, than there was in any other part of the Plant ; and withal, That Heat was the Mother of Action, and then judge if old Dr. Tradition (who may well be honoured for his Age, but not for his Goodness) hath not so poison'd the World with Errors before I was born, that it was never well in its Wits since, and there is great Fear it will die mad.

### Wormwood.

**T**HREE Wormwoods are familiar with us, one I shall not describe, another I shall describe, and the third be critical at ; and I care not greatly if I begin with the last first.

Sea-Wormwood hath gotten as many Names as Vertues, (and perhaps one more) *Seriphian*, *Santonican*, *Belchior*, *Norbonense*, *Hantonicon*, *Misneule*, and a Matter of Twenty more which I shall not blot Paper withal. A Papist got the Toy by the End, and he called it *Holy Wormwood* ; and in Truth, I am of Opinion, their giving so much Holiness to Herbs, is the Reason there remains so little in themselves. The Seed of this Wormwood is that which usually Women give their Children for the Worms : Of all Wormwoods that grow here, this is the weakest, but Doctors commend it, and Apothecaries sell it ; the one must keep his Credit, and the other get Money, and that's the Key of the Work. The Herb is good for something, because God made Nothing in vain : Will you give me Leave to weigh Things in the Ballance of Reason ? Then thus, The Seeds of the common Wormwood are far more prevalent than the Seeds of this to expel Worms in Children, or People of ripe Age ; of both, some are weak, some are strong. The *Seriphian* Wormwood is the weakest, and happily may prove to be fittest for the weak Bodies. (For it is weak enough of all Conscience) Let such as are strong take the common Wormwood, for the others will do but little Good. Again, near the Sea many People live, and *Seriphian* grows near them, and therefore is more fitting for their Bodies because nourished by the same Air ; and this I had from Dr. Reason. In whose Body Dr. Reason dwells not, dwells Dr.

*Madaess*, and he brings in his Brethren, *Dr. Ignorance*, *Dr. Folly*, and *Dr. Sickness*, and these together make way for *Death*, and the latter End of that Man is worse than the beginning. *Pride* was the Cause of *Adam's Fall*; *Pride* begat a Daughter, I do not know the Father of it, unless the Devil, but he christened it, and called it *Appetite*, and sent her Daughter to taste these Wormwoods who finding this the least Bitter, made the squeamish Wench extol it to the Skies though the Vertues of it never reach'd to the middle Region of the Air. Its due Praise is this; It is weakest, therefore fittest for weak Bodies, and fitter for those Bodies that dwell near it, than those that live far from it; my Reason is, The Sea (those that live far from it, know when they come near it) casteth not such a Smell as the Land doth. The tender Mercies of God being over all his Works, hath by his Eternal Providence planted *Scrophian* by the Sea side, as a fit Medicine for the Bodies of those that live near it. Lastly, It is known to all that know any Thing in the Course of Nature, That the Liver delights in sweet Things, if so, it abhors Bitter; then, if your Liver be weak, it is none of the wisest Courses to plague it with an Enemy. If the Liver be weak, a Consumption follows: Would you know the Reason? 'Tis this, A Man's Flesh is repaired by Blood, by a third Concoction, which transmutes Blood into the Flesh; ('tis well I said (Concoction) say I, if I had said (Boiling) every Cook would have understood me) The Liver makes Blood and if it be weakened, that it makes not enough, the Flesh wasteth; and why must Flesh always be renewed? Because the Eternal God, when he made the Creation, made one part of it in continual Dependency upon another; And why did he so? Because himself only is permanent; to teach us That we should not fix our Affections upon what is Transitory, but upon what endures for ever. The Result of all this is, if the Liver be weak and cannot make Blood enough (I would have said (Sanguif.) if I had written only to Scholars) the *Scrophian*, which is the weakest of Wormwoods, is better than the best. I have been critical enough, if not too much.

*Place.*] It grows familiar in *England*, by the Sea side.

*Description.*] **I**t floats up out of the Earth, with many round, woody, bony Sticks from the Root. Its Height is four Foot high, or there at length. The Leaves in Length are long.

long, in Latitude narrow, in Colour white, in Form hoary, in Similitude like Southernwood, only broader and longer; in Taste, rather Salt than Bitter, because it grows so near the Salt water; At the Joints, with the Leaves towards the Tops, it bears little yellow Flowers. The Root lies deep, and is woody.

Common Wormwood I shall not describe; for every Boy that can eat an Egg knows it.

Roman Wormwood; and why Roman, seeing it grows familiarly in England? It may be it was so called, because 'tis good for a stinking Breath, which the Romans cannot be very free from, maintaining so many Bawdy-Houses by Authority of his Holiness.

Descript. **T**HE Stalks are slender, and shorter than the common Wormwood, by one Foot at least; the Leaves are more finely cut and divided than they are, but something smaller; both Leaves and Stalks are hoary. the Flowers of a pale yellow Colour; it is altogether like the Common Wormwood, save only in Bigness for it is smaller; in Taste, for 'tis not so bitter; in Smell, for it's spicy.

Place.] It groweth upon the Tops of the Mountains (it seems 'tis aspiring) there 'tis Natural, but usually nursed up in Gardens for the Use of the Apothecaries in London.

Time.] All Wormwoods usually flower in August, a little sooner or later.

Government and Vertues.] Will you give me Leave to be critical a little? I must take Leave. Wormwood is an Herb of Mars, and if Pontanus say otherwise, he is beside the Bridge. I prove it thus: What delights in Martial Places, is a Martial Herb; but Wormwood delights in Martial Places (for about Forges and Iron Works, you may gather a Cart load of it) Ergo, It is a Martial Herb. It is hot and dry in the first Degree, viz. Just as hot as your Blood, and no hotter. It remedies the Evils Choler can inflict on the Body of Man by Sympathy. It helps the Evils Venus and the wanton Boy produce by Antipathy, and it doth something else besides. It cleanseth the Body of Choler (and who dares say Mars doth no good?)

Choler, Venery, provokes Urine, helps Surfeits, Swellings, Appetite lost, Yellow Jaundice

It provokes Urine, helps Surfeits, or Swellings in the Belly; it causeth Appetite to Meat; because Mars rules the attractive

attractive Faculty in Man: The Sun never shon upon a better Herb for the Yellow Jaundice than this: Why should Men cry out so much upon *Mars* for an Infortunate, (or *Saturn* either?) Did God make Creatures to do the Creation a Mischief? This Herb testifies, That *Mars* is willing to cure all Diseases he causes; the Truth is, *Mars* loves no Cowards, nor *Saturn* Fools, nor I neither. Take of the Flowers of Wormwood, Rosemary, and Black Thorn, of each a like Quantity, half that Quantity of Saffron; boil this in Rhenish-wine, but put not in the Saffron till it is almost boiled: This is the Way to keep a Man's Body in Health. appointed by *Camerarius*.

*Preserve Health, Terms  
provokes, biting of Rats,  
and Mice, Mushrooms,  
Wheals, Pusles, Black  
and Blue Spots, Quinsie,  
Eye.*

In his Book, intituled *Hortus Medicus*, and it is a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physicians (if I knew how) for they are most fitting

for the Calling; if you will not believe me, ask Doctor *Hypocrates* and Dr. *Galen*, a couple of Gentlemen that our College of Physicians keep to vapour with, not to follow. In this our Herb, I shall give the Pattern of a Ruler, the Sons of Art rough-cast, yet as near the Truth as the Men of *Benjamin* could throw a Stone: Whereby, my Brethren, the Astrologers may know by a Penny how a Shilling is coined: As for the College of Physicians, they are too stately to Learn, and too proud to continue.) They say a Mouse is under the Dominion of the Moon, and that is the Reason they feed in the Night; the House of the Moon is *Cancer*; Rats are of the same Nature with Mice, but they are a little bigger; *Mars* receives his Fall in *Cancer*, Ergo, Wormwood being an Herb of *Mars*, is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the Title of *Herba Frustris* or *Arbo*.) are under the Dominion of *Saturn*, (and take one Time for another, they do as much harm as good;) if any have poisoned himself by eating them, Wormwood, an Herb of *Mars* cures him, because *Mars* is exalted in *Capricorn*, the House of *Saturn*, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Pusles, black and blue Spots, coming either by Bruises or Beatings, Wormwood, an Herb of *Mars*, helps, because *Mars*, (as bad as you love him,

him, and as you hate him) will not break your Head, but he'll give you a Plaister If he do but teach you to know your selves, his Courtesie is greater than his Discourtesie. The greatest Antipathy between the Planets, is between *Mars* and *Venus*, one is hot, the other cold; one Diurnal, the other Nocturnal; one Dry, the other Moist; their Houses are opposite, one Masculine, the other Feminine; one Publick, the other Private; one is Valiant, the other Effeminate; one loves the Light, the other hates it; one loves the Field, the other Sheets; then the Throat is under *Venus*, the Quinsie lies in the Throat, and is an Inflammation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all Diseases in the Throat by his Herbs (of which Wormwood is one) and sends them to *Egypt* on an Errant, never to return more, this done by Antipathy. The Eyes are under the Luminaries; the Right Eye of a Man, and the Left Eye of a Woman the *Sun* claims Dominion over; the Left Eye of a Man, and the Right Eye of a Woman, are Privileges of the *Moon*; Wormwood, an Herb of *Mars*, cures both; what belongs to the *Sun* by Simpathy, because he is exalted in his House; but what belongs to the *Moon* by Antipathy, because he hath his fall in hers. Suppose a Man be bitten or stung by a Martial Creature, imagine a Wasp, a Hornet, a Scorpion Wormwood an Herb of *Mars* giveth you a present Cure; then *Mars*, Cholerick as he is, hath learned that Patience, to pass by your evil Speeches of him, and tells You by my Pen, That he gives You no Affliction, but he gives you a Cure; you need not run to *Apollo*, nor *Æsculapius*; and if he were so Cholerick as you make him to be he would have drawn his Sword for Anger, to see the ill Conditions of those People that can spy his Vices, and not his Vertues The Eternal God, when he made *Mars*, made him for publick Good, and the Sons of Men shall know it in the latter end of the World. *Et Celum Mars solu. habet.* You say *Mar* is a Destroyer; mix a little Wormwood, an Herb of *Mars*, with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then *Mars* is a Preserver. Astrologers think *Mars* causeth Scabs and Itch, and the Virgins are angry with him, because wanton *Venus* told them he deforms their

*As Bitings or Stinging by venomous Beasts.*

Skins; but quoth *Mars*, My only desire is, they should know themselves; my Herb Wormwood will restore them to the Beauty they formerly had, and in that I will not come an Inch behind my Opposite, *Venus*; for which doth the greatest Evil, he that takes away an innate Beauty, and when he has done, knows how to restore it again? Or she that teaches a Company of wanton Lasses to paint their Faces? If *Mars* be in a Virgin, in the Nativity, they say he causeth the Cholick ('tis well God hath set some body to pull down the Pride of Man) He in the Virgin troubles none with the Cholick, but them that know not themselves (for who knows himself, may easily know all the World.) Wormwood, an Herb of *Mars*, is a present Cure for it; and whether it be most like a Christian to love him for his Good, or hate him for his Evil, judge ye. I had almost forgotten, that Charity thinks no Evil. I was once in the *Tower* and viewed the Wardrobe, and there was a great many fine Cloths: (I can give them no other Title, for I was never either Linnen or Woollen Draper) yet as brave as they looked, my Opinion was, that the Moths might consume them; Moths are under the Dominion of *Mars*, this Herb Wormwood being laid amongst Cloaths, will make a Moth scorn to meddle with the Cloths as much as a Lion scorns to meddle with a Mouse, or an Eagle a Fly. You say *Mars* is angry, and 'tis true enough he is angry with many Countrymen for being such Fools to be led by the Noses, by the College of Physicians, as they lead Bears to *Paris Garden*. Melancholy Men cannot endure to be wronged in Point of good Fame, and that doth sorely trouble old *Saturn*, because they call him the greatest *Infortune*; In the Body of Man he rules the Spleen, (and that makes covetous Men so Splenetick) the poor old Man lies crying out of his Left Side. Father *Saturn*'s angry *Mars* comes to him; Come Brother, I confess thou art evil spoken of, and so am I; thou knowest I have my

*Spleen.*

Exaltation in my House, I give him an Herb of mine Wormwood, to cure the poor Man; *Saturn* consented but spoke but little, and so *Mars* cured him by Sympathy. When *Mars* was free from War, (for he loves to be fighting, and is the best Friend a Soldier hath) I say when *Mars* was free from War, he called a Council of

War

War in his own Brain, to know how he should do poor sinful Man good, desiring to forget his Abuses in being call'd an Infortunate. He musters up his own Forces, and places them in Battalia; Oh! quoth he, Why do I hurt a poor silly Man or Woman? His Angel answers him, 'Tis because they have offended their God, (Look back to Adam) Well says Mars, tho' they speak evil of me, I'll do good to them) Death's Cold, my Herb shall heat them; they are full of ill Humours (else they would never have spoken ill of me;) my Herb shall cleanse them and dry them; they are poor weak Creatures, my Herb shall strengthen them; they are Dull-witted, my Herb shall fortifie their Apprehensions; and yet amongst Astrologers all this doth not deserve a good Word; Oh the patience of Mars!

*Ecce qui potuit rerum cognoscere causas,  
Inque domus superum scandere cura fuit. —*

*Oh happy he that can the Knowledge gain,  
To know th' Eternal God made nought in vain.*

To this I add,

*I know the Reason causeth such a Dearth  
Of Knowledge; 'tis because Men love the Earth.*

The other day Mars told me he met with Venus, and he ask'd her. What the Reason was that she accused him for abusing Women? He never gave them the Pox; in the Dispute they fell out, and in Anger parted, and Mars told me that his Brother Saturn told him, that an Anti-venerean Medicine was the best against the Pox. Once a Month he meets with French Pox. the Moon. Mars is quick enough of Speech, and the Moon not much behind hand (neither are most Women,) The Moon looks much after Children, and Children are much troubled with the Worms; she desired a Medicine of him. he bid her take his own Herb Wormwood. He had no sooner parted with the Moon. but he met with Venus, and she was as drunk as a Bitch; Alas poor Venus, quoth he; What thou a Fortune, and be Drunk? I'll give thee an Antipathetical Cure; Take my Herb Wormwood, and thou shalt never get a Surfeit by Drinking. A poor silly Country-man hath got an Ague, and cannot go about his

*Surfeit, stinking Breath,  
Dull Brain, Weak Sight.*

his

his Business; he wishes he had it not, and so do I; but I'll tell him a Remedy, wherein he shall prevent it: Take the Herb of *Mars* Wormwood, and if Infortunes will do good, what will Fortunes do? Some think the Lungs are under *Jupiter*; and if the Lungs, then the Breath, and tho' sometimes a Man gets a stinking Breath, and yet *Jupiter* is a Fortune forsooth; up comes *Mars* to him. Come Brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy House last Night, the one from *Aries*, and the other from *Scorpio*; give me thy leave by Simpathy to cure this Poor Man with drinking a Draught of Wormwood Beer each Morning. The *Moon* was weak the other Day and she gave a Man two terrible Mischiefs, a dull Brain and a weak Sight; *Mars* laid by his Sword, and comes to her, Sister *Moon*, said he, this Man hath anger'd thee, but I beseech thee take Notice he is but a Fool, perhee be patient, I will with my Herb Wormwood cure him of both Infirmities by Antipathy, for thou knowest thou and I cannot agree; with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens Tongues) went away and did it whether she would or no.

He that reads this and understands what he reads, hath a Jewel more Worth than a Diamond; he that understands it not, is as little fit to give Physick. There lies a Key in these Words, which will unlock, (if it be turned by a Wise Hand) the *Cabinet of Physick*: I have delivered it as plain as I durst. 'tis not only upon Wormwood as I wrote, but upon all Plants, Trees and Herbs; he that understands it not, is unfit (in my Opinion) to give Physick. This shall live when I am dead. And thus I leave it to the World not caring a Farthing whether they like or dislike it. The Grave equals all Men, and therefore shall equal me with all Princes; until which time the Eternal Providence is over me; Then the ill Tongue of a prating Fellow, or of one that hath more Tongue than Wit, or more Proud than Honest, shall never trouble me. *Wisdom is justfy'd of her Children*. And so much for Wormwood.

**Yarrow, called also Nose-bleed, Milfoyl, and  
Thousand-Leaf.**

**Descript.]** IT hath many long Leaves spread upon the Ground, and finely cut, and divided into many small Parts: Its Flowers are White, but not all of a Whiteness, and stayed in Knots, upon divers green Stalks which rise from among the Leaves.

**Place.]** It is frequent in all Pastures.

**Time.]** It flowereth late, even in the latter end of August.

**Goverment and Vertue .]** It is under the Influence of *Venus*. An Ointment of them cures Wounds, and is most fit for such as have Inflammations, it being an Herb of Dame *Venus*; it stops the Terms in Women, being boiled in White-Wine, and the decoction drunk; as also the Bloody Flux; the Ointment of it is not only good for Green Wounds, but also for Ulcers and Fistula's, especially such as abound with moisture. It stays the shedding of Hair, the Head being bathed with the Decoction of it; inwardly taken it helps the retentive Faculty of the Stomach; it helps the Running of the Reins in Men, and the Whites in Women, and helps such as cannot hold their Water; and the Leaves chewed in the Mouth easeth the Tooth-ach; and these Vertues being put together, shew the Herb to be drying and binding. *Achilles* is supposed to be the first that left the Vertues of this Herb to Posterity, having learned them of his Master *Chyron* the Centaur: And certainly a very profitable Herb it is in Cramps, and therefore called *Militoris*.

Wounds, Inflammations,  
Terms stops, Bloody Flux,  
Baldness, Ulcers, Fistula's,  
Retentive Faculty, Running  
of the Reins, Whites, Dia-  
betes, Tooth-ach.

**DIRECTI-**

## D I R E C T I O N S.

*H*AVING in divers Places of this Treatise promised you the Way of making Syrups, Conerves, Oils, Ointments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your Use at such Times when otherwise they cannot be had; I come now to perform what I promised, and you shall find me rather better than worse than my Word.

That this may be done Methodically, I shall divide my Directions into two Grand Sections, and each Section into several Chapters and then you shall see it look with such a Countenance as this is.

## Sect. I.

*Of gathering, drying and keeping Simples, and their Juices.*

- Chap. 1. Of Leaves of Herbs, &c.
- Chap. 2. Of Flowers.
- Chap. 3. Of Seeds.
- Chap. 4. Of Roots.
- Chap. 5. Of Barks.
- Chap. 6. Of Juices.

## Sect. II.

*Of making and keeping Compounds.*

- Chap. 1. Of distilled Waters.

- Chap. 2. Of Syrups.
- Chap. 3. Of Juleps.
- Chap. 4. Of Decoctions.
- Chap. 5. Of Oils.
- Chap. 6. Of Electuaries.
- Chap. 7. Of Conerves.
- Chap. 8. Of Preserves.
- Chap. 9. Of Lichochs.
- Chap. 10. Of Ointments.
- Chap. 11. Of Plaisters.
- Chap. 12. Of Pultisses.
- Chap. 13. Of Troches.
- Chap. 14. Of Pills.
- Chap. 15. The way of fitt'ng Medicines to Compound Diseases.

*Of all these in Order.*

## S E C T. I.

Way of Gathering, Preserving Simples and their Juices.

## C H A P. I.

## Of Leaves of Herbs, or Trees.

**O**F Leaves, choose only such as are Green and full of Juice; pick them carefully, and cast away such as are any way declining, for they will putrifie the rest: So shall One handful be worth Ten of those you buy in *Cheapside*.

2. Note in what Places they most delight to grow in, and gather them there, for Betony that grows in the Shadow, is far better than that which grows in the Sun, because it delights in the Shadow; so also such Herbs as delight to grow near the Water, let such be gathered as grow near the Water, though happily you may find some of them upon dry Ground: The Treatise will inform you where every Herb delights to grow.

3. The Leaves of such Herbs as run up to Seed, are not so good when they are in Flower as before (some few excepted, the Leaves of which are seldom or never used) in such cases, if through Ignorance they were not known, or through Negligence forgotten, you had better take the top and the Flowers than the Leaf.

4. Dry them well in the Sun, and not in the Shadow, as the saying of Physicians is; for if the Sun draw away the Vertues of the Herb, it must needs do the like by Hay, by the same Rule, which the experience of every Country Farmer will explode for a notable piece of Nonsense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise; let the Planet that governs the Herb be Angular, and the stronger the better; if they can in Herbs of *Saturn*, let *Saturn* be in the Ascendant; in the Herbs of *Mars* let *Mars* be in the Mid-Heaven, for in those Houses they delight; let the

the *Moon* apply to them by good Aspect, and let her not be in the Houses of her Enemies; If you cannot well stay till she apply to them, let her apply to a Planet of the same Triplicity; If you cannot wait that time neither, let her be with a fixed Star of their Nature.

6. Having well dried them put them up in brown Paper, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry Place near the Fire.

7. As for the Duration of dried Herbs, a just time cannot be given, let Authors prate their Pleasure; for,

First, Such as grow upon dry Grounds will better keep, than such as grow on moist.

Secondly, Such Herbs as are full of Juice, will not keep so long as such as are drier.

Thirdly, Such Herbs as are well dried, will keep longer than such as are dried.

Yet this I say, by this you may know when they are corrupted, *viz.* By their loss of colour, or smell, or both; and if they be corrupted, Reason will tell you that they must needs corrupt the Bodies of those People that take them.

8 Gather all Leaves in the Hour of that Planet that Governs them.

## C H A P. II. Of Flowers.

**T**HE Flower, which is the Beauty of the Plant, and of none of the least Use in Physick, groweth Yearly, and is to be gathered when it is in his Prime.

2. As for the Time of gathering them, let the Planetary Hour, and the Plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the Time of the Day, let it be when the Sun shines upon them, that so they may be dry; for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep; and this I forgot before.

3. Dry them well in the Sun, and keep them in Papers near the Fire, as I shewed you in the foregoing Chapter.

4. So long as they retain the Colour and smell, they are good; either of them being gone, so is their Vertue also.

C H A P. III. Of Seeds.

1. **T**HE Seed is that Part of the Plant which is endowed with a vital Faculty to bring forth its like, and it contains potentially the whole Plant in it.

2. As for Place, let them be gathered from the Place where they delight to grow.

3. Let them be full ripe when they are gathered; and forget not the Celestial Harmony before mentioned, for I have found by Experience that their Vertues are twice as great at such Times as others; *There is an appointed Time for every Thing under the Sun.*

4. When you have gathered them. dry them a little, and but a little in the Sun before you lay them up.

5. You need not be so careful of keeping them so near the Fire, as the other before-mention'd, because they are fuller of Spirit, and therefore not so Subject to Corrupt.

6. As for the Time of their Duration, 'tis palpably they will keep a good many Years; yet this I say, they are the best the first Year, and this I make appear by a good Argument. They will grow the soonest the first Year they be set, therefore then they are in their Prime, and 'tis an easie Matter to renew them Yearly.

C H A P. IV. Of Roots.

1. **O**F Roots; chuse such as are neither Rotten, nor Worm eaten, but proper in their Taste, Colour and Smell; such as exceed neither in softness nor hardness.

2. Give me leave to be a little Critical against the vulgar received Opinion which is, That the Sap falls down into the Roots in the Autumn, and rises again in the Spring, as Men go to Bed at Night, and rise in the Morning; and this idle talk of Untruth is so grounded in the Heads, not only of the Vulgar, but also of the Learned, that a Man cannot drive it out by Reason. I pray let such Sapmongers Answer me to this Argument if the Sap fall into the Roots, in the fall of the Leaf, and lie there all the Winter then must the Root grow only in the Winter, Experience witnesseth; but the Root grows  
not

not at all in the Winter, as the same Experience teacheth, but only in the Summer. *Ecce.*

If you set an Apple kernel in the Spring, you shall find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring. What doth the Sap do in the Root all that while, pick Straws? 'tis as rotten as a rotten Post.

The Truth is, when the Sun declines from the Tropick of Cancer, the Sap begins to congeal both in Root and Branch; when he toucheth the Tropick of Capricorn, and ascends to us-ward, it begins to wax thin again, and by Degrees as it congealed. But to proceed,

3. The drier time you gather the Roots in, the better they are; for they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney-Corner upon a String; As for such as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than such as are small; yet most of them will keep a Year.

6. Such Roots as are soft, it is your best way to keep them always near the Fire, and to take this general Rule for it. If in Winter time you find any of your Roots, Herbs, or Flowers begin to grow moist, as many times you shall, especially in the Winter-time (for 'tis your best way to look to them once a Month) dry them by a very gentle Fire; or if you can with convenience, keep them near the Fire, you may save your self the labour.

7. It is in vain to dry Roots as may commonly be had, as Parsley, Fennel, Plantane, &c. but gather them only for present need.

## C H A P. V. Of Berks.

r. **B**erks, which Physicians use in Medicines, are of these sorts: Of Fruits, of Roots, of Boughs.

The Bark of Fruits are to be taken when the Fruit is full ripe, as Oranges, Limons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more Words.

3. The

3. The Barks of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, or the like, because then they come easiest off, and so you may dry them if you please; but indeed the best way is to gather all Barks only for present Use.

4 As for the Bark of Roots, 'tis this, and thus to be gotten. Take the Roots of such Herbs as have a Pith in them, as Parsley, Fennel, &c. slit them in the middle, and when you have taken out the Pith, (which you may easily and soon do) that which remains is called (tho' something improperly) the Bark, and indeed is only to be used.

## C H A P. VI. *Of Juices.*

1. **J**uices are to be pressed out of Herbs when they are Young and Tender, and also out of some Stalks; and tender tops of Herbs and Plants, and also out of some Flowers.

2 Having gathered the Herb, you would preserve the Juice of, when it is very dry (for otherwise the Juice will not be worth a Button) bruise it very well in a Stone Mortar, with a Wooden Pestle then having put it into a Canvas Bag, the Herb I mean, not the Mortar, for that will give but little Juice, press it hard in a Press, then take the Juice and clarify it.

3. The manner of clarifying it is this; put it into a Pipkin or Skillet, or some such thing, and set it over the Fire, and when the Scum ariseth, take it off; let it stand over the Fire till no more Scum arise, when you have your Juice clarified, cast away the Scum as a Thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the Year.

First, When it is cold, put it into a Glass, and put so much Oil on it as will cover it to the thickness of two Fingers the Oil will swim at top, and so keep the Air from coming to putrify it; when you intend to use it, do no more but so; pour out into a Porringer a little more than you intend to use, and if any Oil come out with it, (as if the Glass be not full, 'tis an hundred to one if there do) you may easily scum it off with a Spoon, and put the  
Juice

Juice you use not into the Glass again, it will quickly sink under the Oil. This is the first way.

Secondly, The second Way is a little more Difficult and the Juice of Fruits is usually preserved this Way: When you have clarified the Juice, as before, boil it over the Fire till (being cold) it being of the thickness of Honey: This is most commonly used for Diseases of the Mouth, and is called *Roba* and *Saba*. And thus much for the first Section, second follows.

## S E C T. II.

*The Way of making and keeping all necessary Compounds.*

## C H A P II.

### *Of Distilled Water.*

**H**itherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly call Simple, tho' something improperly; for indeed and in truth, nothing is Simple but pure Elements; all things else are compounded of them; we come now to treat of the Artificial Medicines, in the front of which (because we must begin somewhere) we shall place Distilled Waters, in which consider;

1. Waters are Distilled out of Herbs, Flowers, Fruits and Roots.

2. We treat not of Strong Waters, but of cold, as being to act *Galen's* Part, and not *Paracelsus*.

3 The Herbs ought to be Distilled when they are in the greatest Vigour, and so ought the Flowers also.

4. The Vulgar Way of Distillations, which People use, because they know no better is in a Pewter Still; and altho Distilled Waters are the weakest of all Artificial Medicines, and good for little, unless for Mixtures of other Medicines, tho' this may be Distilled, they are weaker by many Degrees, than they would be, were they Distilled in Sand. If I thought it not impossible to teach you the Way of Distilling in Sand by Writing, I would attempt it,

5. When you have Distilled your Water, put it into

Glass, and having bound the Top of it over with a Paper, prick'd full of Holes, so that the excrementitious and fiery Vapours may exhale, which indeed are they that cause that settling in distilled Waters, called the Mother, which corrupts Waters, and might this way be prevented) cover it close, and keep it for your Use.

6. Stopping distilled Waters with a Cork, makes them musty, and so will a Paper also, if it do but touch the Water; your best way then, is to stop them with a Bladder, being first put in Water, and bound over the Top of the Glass.

Such cold Waters as are distilled in a Pewter Still (if well kept) will endure a Year; such as are distilled in Sand, as they are twice as strong, so they endure twice as long.

## CHAP. II. Of Syrups.

1. **A** Syrup is a Medicine of a Liquid Form, composed of Infusion, Decoction and Juice. And 1. For the more grateful Taste 2. For the better keeping of it, with a certain Quantity of Honey or Sugar, hereafter mentioned, boiled to the Thickness of new Honey

2. You see at the first View, That this Aphorism divides it self into three Branches, which deserve severally to be treated of; *viz.*

1. *Syrups made by Infusion.*
2. *Syrups made by Decoction.*
3. *Syrups made by Juice.*

Of each of these, (for your Instruction's sake, kind Countrymen and Women) I speak a Word or two or three apart.

First, Syrups made by Infusion, are usually made of Flowers, and of such Flowers as soon lose their Colour and Strength by boiling, as Roses, Violets, Peach Flowers, &c. My Translation of the *London Dispensatory*, will instruct you in the rest. They are thus made; Having picked your Flowers clean, to every pound of them, add three pound, or three pints, which you will, (for it is all one) of Spring-water, made boiling hot by the Fire; first put your Flowers into a Pewter-pot, with a Cover, and pour the Water to them, then shutting the Pot, let it stand by the Fire, to keep hot] twelve Hours, and strain it out;

(in such Syrups as purge, as Damask Roses, Peach flowers, &c. the usual, and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor divers Times, that so it may be the stronger) having strained it out, put the Infusion into a Pewter Bason, or an Earthen one well glazed, and to every pint of it add two Pound of Sugar, which being only melted over the Fire, without boiling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by Decoction, are usually made of Compounds, yet may any simple Herb be thus converted into Syrup : Take the Herb, Root, or Flowers you would make into a Syrup, and bruise it a little ; then boil it in a convenient quantity of Spring-water, the more Water you boil it in, the weaker it will be ; a handful of the Herb or Root, &c. is a convenient Quantity for a Pint of Water ; boil it till half the Water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a woollen Cloth, letting it run out at Leisure, without pressing ; to every pint of this Decoction, add one pound of Sugar, and boil it over the Fire till it come to a Syrup, which you may know, if you now and then cool a little of it in a Spoon : Scum it all the while it boils, and when it is sufficiently boiled, whilst it is hot, strain it again through a woollen Cloth, but press it not. Thus have you the Syrup perfected.

Thirdly, Syrups made of Juices, are usually made of such Herbs as are full of Juice, and indeed they are better made into a Syrup this way, than any other ; the Operation is thus ; Having beaten the Herb in a Stone Mortar with a wooden Pestle, press out the Juice, and clarify it, as you are taught before in the Juices ; then let the Juice boil away till a quart of it (or near upon) be consumed ; to a pint of this add a pound of Sugar and boil it to a Syrup, always scumming it, and when it is boiled enough, strain it through a woollen Cloth, as we taught you before, and keep it for your Use.

3 If you make Syrup of Roots that are any thing hard, as Parsley, Fennel and Grass Roots, &c. when you have bruised them, lay them in sleep some time in that Water which you intend to boil them in, hot, so will the Vertue the better come out.

4. Keep

4. Keep your Syrups either in Glasses or Stone Pots, and stop them not with Cork nor Bladder, unless you would have the Glass break, and the Syrup lost; and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind Paper about the Mouth.
5. All Syrups, if well made, continue a Year with some Advantage; yet of all, such as are made by Infusion, keep the least while.

### CHAP. III. Of *Juleps*.

1. **JULEPS** were first invented, as I suppose, in *Arabia* and my Reason is, because the Word *Julep* is an *Arabick* Word.

2. It signifies only a pleasant Potion, as is vulgarly used by such as are sick, and want Help, or such as are in Health, and want no Money to quench Thirst.

3. Now-a-Days 'tis commonly used,

1. To prepare the Body for Purgation.
2. To open Obstructions and the Pores.
3. To digest tough Humours.
4. To qualify hot Distempers, &c.

4. It is thus made (I mean simple *Juleps*, for I have Nothing to say to Compounds here; all Compounds have as many simple Idea's, as Men have Crotches in their Brains) I say, simple *Juleps* are thus made: Take a pint of such distilled Water, as conduces to the Cure of your Distemper, which this Treatise will plentifully furnish you withal, to which add two Ounces of Syrup, conducing to the same Effect (I shall give you Rules for it in the last Chapter) mix them together, and drink a Draught of it at your Pleasure. If you love tart Things, add ten Drops of Oil of Vitriol to your pint. and shake it together, and it will have a fine grateful Taste.

5. All *Juleps* are made for present Use, and therefore it is in vain to speak of their Duration.

### CHAP. IV. Of *Decoctions*.

1. **A**LL the Difference between *Decoctions* and Syrups, made by Decoction, is this; Syrups are made to keep *Decoctions* only for present Use; for you can hardly

keep a Decoction a Week at any Time ; if the Weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits or Barks, conducing to the Cure of the Disease you make them for ; in the same Manner they are made, as we shewed you in Syrups.

3. Decoctions made with Wine last longer than such as are made with Water ; and if you take your Decoction to cleanse the Passages of the Urine, or open Obstructions, your best way is to make it with White wine instead of Water, because this is most penetrating.

4. Decoctions are of most Use in such Diseases as lie in the Passages of the Body ; as the Stomach, Bowels, Kidneys, Passages of Urine and Bladder, because Decoctions pass quicker to those Places than any other Form of Medicines.

5. If you will sweeten your Decoction with Sugar, or any Syrup fit for the Occasion you take it for, which is better, you may, and no harm do.

6. If in a Decoction, you boil both Roots, Herbs, Flowers, and Seed together, let the Roots boil a good while first, because they retain their Vertue longest ; then the next in Order by the same Rule, viz. 1. Barks. 2. The Herbs. 3. The Seeds. 4. The Flowers. 5. The Species, if you put any in, because their Vertues come soonest out.

7. Such Things as by boiling cause Sliminess to a Decoction, as Figs, Quince-Seed, Linseed, &c. your best way is, after you have bruised them, to tie them up in a Linnen Rag, as you tie up a Calf's Brains, and so boil them.

8. Keep all Decoctions in a Glass close stopped, and in the cooler Place you keep them, the longer they will last e'er they be Sour.

Lastly, The usual Dose to be given at one Time, is usually Two, Three, Four, or Five Ounces, according to the Age and Strength of the Patient, the Season of the Year, the Strength of the Medicine, and the Quality of the Diseases.

## CHAP. V. Of Oils.

**O**IL Olive, which is commonly known by the Name of Salad Oil, I suppose, because it is usually eaten with Salads by them that love it; if it be pressed out of ripe Olive, according to *Galen*, is temperate, and exceeds in no one Quality.

2. Of Oils some are Simple, and some are Compound.

3. Simple Oils, are such as are made of Fruits or Seeds by Expression, as Oil of sweet and bitter Almonds, Linseed and Rape seed Oil, &c. of which see in my *Dispensary*.

4. Compound Oils are made of Oil of Olives, and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this: Having bruised the Herbs or Flowers you would make your Oil of, put them into an Earthen pot, and to two or three Handfuls of them pour a point of Oil cover the Pot with a Paper, set it in the Sun about a Fortnight or less, according as the Sun is in hotness; then having warmed it very well by the Fire, press out the Herb, &c. very hard in a Press, and add as many more Herbs, to the same Oil, bruise the Herbs, (I mean not the Oil) in like manner, set them in the Sun as before. the oftner you repeat this, the stronger your Oil will be; at last when you conceive it strong enough, boil both Herbs and Oil together till the Juice be consumed, which you may know by its leaving its blushing, and the Herbs will be crisp. then strain it while it is hot, and keep it in a stone or glass Vessel for your Use.

6. As for Chymical Oils, I have Nothing to say in this Treatise.

7. The general Use of these Oils, is for Pain in the Limbs, Roughness of the Skin, the Itch, &c. as also for Ointments and Plaisters.

8. If you have occasion to use for Wounds or Ulcers, in two Ounces of Oil, dissolve half an Ounce of Turpentine, the Heat of the Fire will quickly do it; for Oil it self is offensive to Wounds, and the Turpentine qualifies it.

## CHAP. VI. Of Electuaries.

**P**hysicians make more a Quoil than needs, by half, about Electuaries. I shall prescribe but one general Way of making them up; as for the Ingredients, you may vary them

them as you please, and according as you find Occasion by the last Chapter.

1. That you may make Electuaries when you need them; it is requisite that you keep always Herbs, Roots, Seeds, Flowers &c. ready dried in your House, that so you may be in a Readiness to beat them into Powder when you need them.

2. Your better way is to keep them whole than beaten; for being beaten, they are the more subject to lose their Strength; because the Air soon penetrates them.

3. If they be not dry enough to beat into Powder when you need them, dry them by a gentle Fire till they are so.

4. Having beaten them, sift them through a fine Tiffany Searce, that so there may be no great Pieces found in your Electuary.

5. To one Ounce of your Powder, add three Ounces of clarified Honey; this Quantity I hold to be sufficient; I confess Authors differ about it. If you would make more or less Electuary, vary your Proportion accordingly.

6. Mix them well together in a Mortar, and take this for a Truth, You cannot mix them too much.

7. The way to clarify Honey, is to set it over the Fire in a convenient Vessel, till the Scum rise, and when the Scum is taken off, it is clarified.

8. The usual Dose of Cordial Electuaries, is from half a Drachm to two Drachms; of purging Electuaries, from half an Ounce to an Ounce.

9. The manner of keeping them is in a Pot.

10. The Time of taking them, is either in a Morning fasting, and fasting an Hour after them; or at Night going to Bed, three or four Hours after Supper.

## CH A P. VII. Of Conservees.

1. **T**HE way of making Conservees is two-fold, one of Herbs and Flowers, and the other of Fruits.

2. Conservees of Herbs, and Flowers are thus made: If you make your Conservees of Herbs, as of Scurvy-grass, Wormwood, Rue, and the like, take only the Leaves and tender Tops (for you may beat your Heart out before you can beat the Stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3. Con-

3. Conserves of Fruits, as of Barbaries, Sloes and the like. is thus made. First scald the Fruit, then rub the Pulp through a thick Hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and add to it its weight of Sugar, and no more; put it in a Pewter Vessel, and over a Charcoal Fire; stir it up and down till the Sugar be melted, and your Conserve is made.

4. Thus have you the way of making Conserves; the way of keeping of them is in Earthen Pots.

5. The Dose is usually the quantity of a Nutmeg at a time, Morning and Evening, or (unless they are Purging) when you please.

6. Of Conserves, some keep many Years, as Conserves of Roses; others but a Year, as Conserves of Borage, Bugloss, Cowslips, and the like.

7. Have a care of the working of some Conserves presently after they are made, look to them once a Day, and stir them about; Conserves of Borage Bugloss and Wormwood, have gotten an excellent Faculty at that Sport.

8. You may know when your Conserves are almost spoiled by this, you shall find a hard Crust at top, with little holes in it, as though Worms had been eating there.

## C H A P. VIII. Of Preserves.

**O**F Preserves are sundry Sorts, and the Operations of all being somewhat different, we will handle them all apart.

These are preserved with Sugar.

1. Flowers.
2. Fruit.
3. Roots.
4. Barks.

1. Flowers are but very seldom Preserved; I never saw any that I remember, save only Cowslip Flowers, and that was a great Fashion in *Suffex* when I was a Boy; It is thus done First, take a flat Glass, we call them Jat-Glasses; strew in a laying of fine Sugar, on that a laying of Flowers, on that another laying of Sugar, on that another laying of Flowers, so do till your Glass be full; then tie it over with a Paper; and in a little time you shall have very excellent and pleasant Preserves.

R 2

There

There is another Way of preserving Flowers, namely, With Vinegar and Salt, as they pickle Capers and Broom Buds, but because I have little Skill in it my self, I cannot teach you.

2. Fruits, as Quinces, and the like, are preserved two ways.

First, boil them well in Water, and then Pulp them through a Sieve, as we shewed you before; then with the like Quantity of Sugar, boil the Water they were boiled in, into a Syrup, *viz.* A pound of Sugar to a pint of Liquor; to every pound of this Syrup, add four Ounces of the Pulp; then boil it with a very gentle Fire to the right Consistence, which you may easily know, if you drop a Drop of it upon a Trencher; if it be enough, it will not stick to your Fingers when it is cold.

Secondly, another way to preserve Fruits, is this; First, pare off the Rind, then cut them in halves, and take out the Core; then boil them in Water till they are soft; if you know when Beef is boiled enough, you may easily know when they are; then boil the Water with its like Weight of Sugar into a Syrup; put the Syrup into a Pot, and put the boiled Fruit as whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3. Roots are thus preserv'd; First, scrape them very clean and cleanse them from the Pith, if they have any, for some Root, have not, as Eringo and the like; boil them in Water till they be soft, as we shewed you before in the Fruits, then boil the Water you boiled the Root in, into a Syrup as we shewed you before, then keep the Root whole in the Syrup till you use them.

4. As for Barks, we have but few come to our Hands to be done, and those, of those few that I can remember, are Oranges, Lemons Citrons, and the outer Bark of Walnuts which grow without the Shell, for the Shells themselves would make but scurvy Preserves; these be they I can remember, if there be any more, put them into the Number.

The way of Preserving these, is not all one in Authors, for some are bitter. some are hot; such as are bitter, say Authors, must be soaked in warm Water, oftentimes changed till their bitter Taste be be fled; but I like not this way, and my Reason is this: Because I doubt when their bitterness

ness is gone, so is the Vertue also; I shall then prescribe one common way, namely, the same with the former, viz. First boil them whole till they be soft, then make a Syrup with Sugar and the Liquor you boiled them in, and keep the Barks in the Syrup.

5. They are kept in Glasses, or in Glaz'd Pots.

6. The Preserv'd Flowers will keep a Year, if you can forbear eating of them; the Roots and Barks much longer.

7. This Art was plainly and first invented for Delicacy, yet came afterwards to be of excellent use in Physick: For,

First, Hereby Medicines are made pleasant for sick and queamie Stomachs, which else would loath them.

Secondly, Hereby they are preserv'd from decaying a long time.

## C H A P. IX. Of Lokocho's.

1. **T**HAT which the *Arabians* call *Lokocho's* and the *Greeks* *Eclagma*, the *Latins* call *Linfus*, and in plain English signifies nothing else, but a thing to be lick'd up.

2. Their first Invention was to prevent and remedy Afflictions of the Breast and Lungs, to cleanse the Lungs of Flegm, and make it fit to be cast out.

3. They are in Body thicker than a Syrup, and not so thick as an Electuary

4. The manner of taking them, is often to take a little with a Liquorish Stick, and let it go down at leisure.

5. They are easily thus made; Make a Decoction of pectoral Herbs and the Treatise will furnish you with enough, and when you have strained it, with twice its weight of Hony or sugar, boil it to a *Lokocho*; if you are molested with tough Flegm, Honey is better than Sugar; and if you add a little Vinegar to it, you will do well; if not, I hold Sugar to be better than Honey.

6. It is kept in Pots, and may be kept a Year and longer.

7. It is excellent for Roughness of the Wind-pipe, Inflammations of the Lungs, Ulcers in the Lungs, Difficulty of Breath, Asthma's, Coughs, and Distillations of Humours.

## C H A P. X. Of Ointments.

1. **V**ARIOUS are the ways of making Ointments, which Authors have left to Posterity, which I shall omit. and

and quote one which is easiest to be made, and therefore most beneficial to People that are ignorant in Physick, for whose sake I write this. It is thus done.

Bruise those Herbs, Flowers or Roots, you will make an Ointment of, and to two handfulls of your bruised Herbs add a pound of Hogs-grease dried, or cleansed from the Skins, beat them very well together in a Stone Mortar with a Wooden Pestle, then put it in a Stone Pot, (the Herb and Grease I mean, not the Mortar) cover it with a Paper, and set it either in the Sun, or some other warm Place, three, four, or five Days, that it may melt; then take it out and boil it a little; then whilst it is hot, strain it out, pressing it out very hard in a Press; to this Grease add as many more Herbs bruised as before, let them stand in like manner as long, then boil them as you did the former; if you think your Ointment be not strong enough, you may do it the third and fourth time; yet this I tell you, the fuller of Juice the Herbs are, the sooner will your Ointment be strong; the last time you boil it, boil it so long till your Herbs be crisp, and the Juice consumed, then strain it, pressing it hard in a Press, and to every Pound of Ointment add two Ounces of Turpentine, and as much Wax, because Grease is offensive to Wounds, as well as Oil.

2. Ointments are vulgarly known to be kept in Pots, and will last above a Year, some above two Years.

## C H A P. XI. *Of Plaisters.*

1. **T**HE *Greeks* made their Plaisters of divers Simples, and put Metals in most of them if not in all: for having reduc'd their Metals into Powder, they mixed them with that fatty Substance whereof the rest of the Plaster consisted, whilst it was yet hot continually stirring it up and down, lest it should sink to the bottom; so they continually stir'd it till it was stiff; then they made it up in Rolls, which when they needed for use, they could melt by Fire again.

2. The *Arabians* made up theirs with Oil and Fat, which needeth not so long boiling.

3. The *Greeks* Emplaisters consisted of these Ingredients, Metals Stones, divers sorts of Earth, Feces, Juices, Liquors, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rosin, Gums.

C H A P. XII. Of *Pultiffes*.

1. **P**ultiffes are those kind of Things which the *Latins* call *Cataplasmata*, and our Learned Fellows, that if they can read *English*, that's all, call them *Cataplasms*, because 'tis a crabbed Word few understand ; it is indeed a very fine kind of Medicine to ripen Sores.

2. They are made of Herbs and Roots, fitted for the Disease and Members afflicted, being chopped small, and boiled in Water almost to a Jelly ; then by adding a little Barley-Meal, or Meal of Lupins, and a little Oil, or rough sweet Suet, which I hold to be better, spread upon a Cloth and applied to the grieved Place.

3. Their Use is to ease Pains, to break Sores, to cool Inflammations, to dissolve Hardness, to ease the Spleen, to concoct Humours, and dissipate Swellings.

4. I beseech you take this Caution along with you ; use no Pultiffes (if you can help it) that are of an Healing Nature, before you have first cleansed the Body, because they are subject to draw the Humours to them from every part of the Body.

C H A P. XIII. Of *Troches*.

**T**HE *Latins*, call them *Placentula*, or little Cakes (and you might have seen what the *Greeks* call them too, had not the last Edition of my *English Dispensatory* been so Hellishly Printed ; that's all the Kingdom gets by one Stationer Printing another's Copies, viz to plague the Country with false Prints, and disgrace the Author) the *Greeks* *περλίσκοι*, *κυκλίσκοι* and *δριίσκοι*, they are usually little round flat Cakes, or you may make them square if you will.

2. Their first Invention was. that Powders being so kept might resist the intermission of Air, and so endure pure the longer.

3. Besides they are the easier carried in the Pockets of such as Travel ; as many a Man (for Example) is forc'd to Travel whose Stomach is too cold, or at least not so hot as it should be, which is most proper, for the Stomach is never cold till a Man be dead ; in such a case it is better to carry Troches of Wormwood, or Galanga, in a Paper in his Pocket, and more convenient by half, than to lug a Gallipot along with him.

4. They

4. They are made thus, *At Night when You go to Bed, take two drams of fine Gum-tragacanth; put into a Gallipot, and put half a quarter of a Pint of any distilled Water fitting for the purpose you would make your Troches for, to it, to cover it, and the next Morning you shall find it in such a Jelly as Physicians call Mucilage;* with this you may (with a little pains taking) make a Powder into Paste, and that Paste into Cakes call'd Troches.

5. Having made them, dry them in the shadow, and keep them in a Pot for your Use.

## C H A P. XIV. Of Pills.

1. **T**hey are called *Pilu'a*, because they resemble little Balls; the *Greeks* call them *Catapia*.

2. It is the Opinion of Modern Physicians, that this way of making Medicines, was invented only to deceive the Patient, that so by swallowing them down whole, the Bitterness of the Medicine might not be perceiv'd, or at least it might not be unsufferable; and indeed most of their Pills, tho' not all, are very bitter.

3. I am of a clean contrary Opinion to this; I rather think they were done up in this hard Form, that so they might be the longer indigesting; and my Opinion is grounded upon Reason too, not upon Fancy or Hear-say. The first Invention of Pills was to purge the Head; now as I told you before, such Infirmities as lie near the Passages, were best removed by Decoctions, because they pass to the grieved Part soonest; so here, if the Infirmary lies in the Head, or any other remote Part, the best way is to use Pills, because they are longer in Digestion, and therefore the better able to call the offending Humour to them.

4. If I should tell you here a long Tale of Medicines working by Sympathy and Antipathy, you would not understand a word of it; they that are set to make Physicians may find it in the Treatise: All Modern Physicians know not what belongs to a Sympathetical Cure no more than a Cuckow what belongs to Flats and Sharps in Musick; but follow the vulgar Road, and call it a hidden Quality, because 'tis hidden from the Eyes of Dunces, and indeed none but Astrologers can give a Reason for it; and Physick without Reason, is like a Pudding without Fat.

5. The

5. The way to make Pills is very easie, for with the help of a Pestle and Mortar, and a little Diligence, you may make any Powder into Pills, either with Syrup, or the Jelly I told you before.

C A P. ult. *The way of mixing Medicines, according to the Cause of the Disease, and Part of the Body afflicted.*

**T**HIS being indeed the Key of the Work, I shall be somewhat the more diligent in it. I shall deliver my self thus:

1. *To the Vulgar.*
2. *To such as Study Astrology; or such as Study Physick Astrologically.*

First, To the Vulgar: Kind Souls, I am sorry it hath been your hard Mishap, to have been so long trained in such *Egyptian* Darknes, even Darknes which to your Sorrow may befe't; the vulgar Road of Physick is not my Practice, and I am therefore the more unfit to give you Advice, and I have now \* Pub lished a little Book which wil fully instruct you, not \* *Galen's Art of Physick.* only in the Knowledge of your own sick Bodies but also in fit Medicines to remedy each Part of it when afflicted; in the mean season take these few Rules to stay your Stomachs

1. With the Disease, regard the Cause, and Part of the Body afflicted; for Examp e, Suppose a Woman be subject to miscarry through Wind; thus do:

1. Look Abortion in the Table of Diseases, and you shall be directed by that, how many Herbs prevent Miscarriage.
2. Look Wind in the same Table, and you shall see how many of those Herbs expel Wind.

These are the Herbs Medicinal for your Grief.

2. In all Diseases strengthen the Part of the Body afflicted.
3. In mix'd Diseases there lies some Difficulty, for sometimes two Parts of the Body are afflicted with contrary Humours, as sometimes the Liver is afflicted with Choler and Water, as when a Man hath both the Dropsie and the Yellow Jaundice; and this is usually mortal.

In the former, Suppose the Brain be too cold and moist, and the Liver too hot and dry; thus do.

1. Keep your Head outwardly warm.
2. Accustom your self to smell of hot Herbs.
3. Take a Pill that heats the Head at Night going to Bed.
4. In the Morning take a Decoction that cools the Liver, for that quickly passeth the Stomach, and is at the Liver immediately.

You must not think (courteous People) that I can spend time to give you Examples of all Diseases; these are enough to let you see so much Light as you without Art are able to receive; if I should set you to look upon the Sun, I should dazzle your Eyes and make you blind.

Secondly, To such as study Astrology (who are the only Men I know that are fit to study Physick; Physick without Astrology being like a Lamp without Oil) You are the Men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my Study) I shall give you.

1. Fortifie the Body with Herbs of the Nature of the Lord of the Ascendant, 'tis no matter whether he be a Fortune or Infortune in this case.
2. Let your Medicine be something Antipathetical to the Lord of the Sixth.
3. Let your Medicine be something of the Nature of the Sign Ascending.
4. If the Lord of the Tenth be strong, make use of his Medicines.
5. If this cannot well be, make use of the Medicines of the Light of Time.
6. Be sure always to fortifie the griev'd Part of the Body by Sympathetical Remedies.
7. Regard the Heart, keep that upon the Wheels, because the Sun is the Foundation of Life, and therefore those universal Remedies, *Aurum Potabile*, and the Philosopher's Stone, cure all Diseases by fortifying the Heart.

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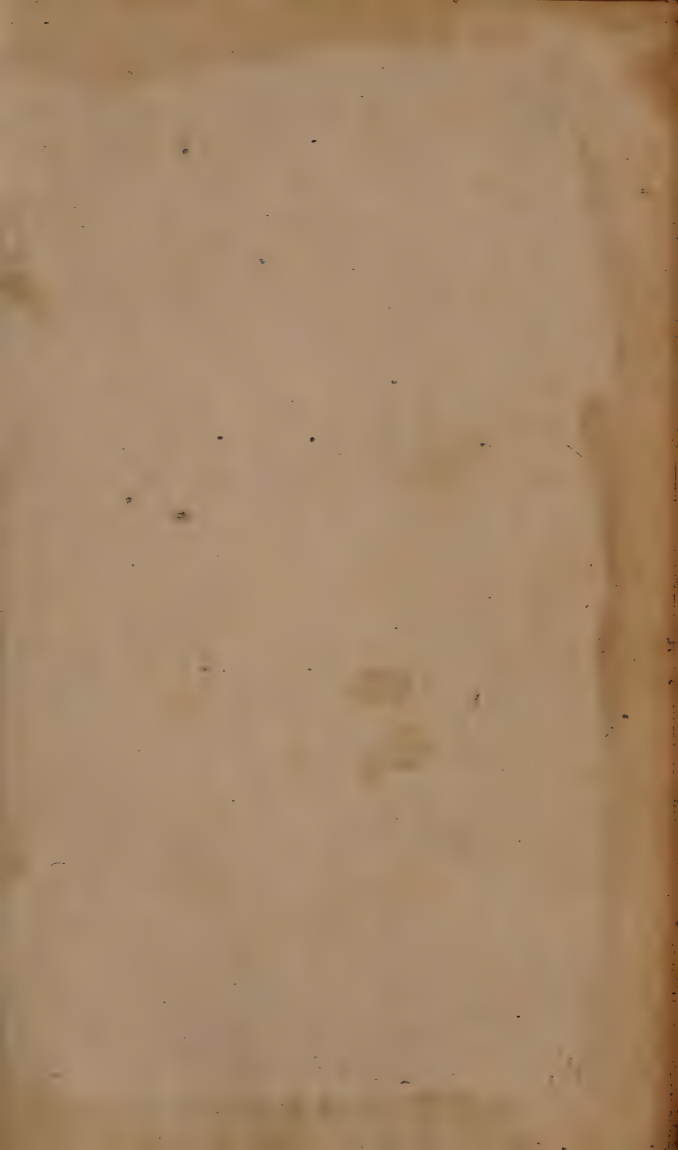
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